THE SATURDAY EVENING POST

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Jan./Feb. '93 $2.50

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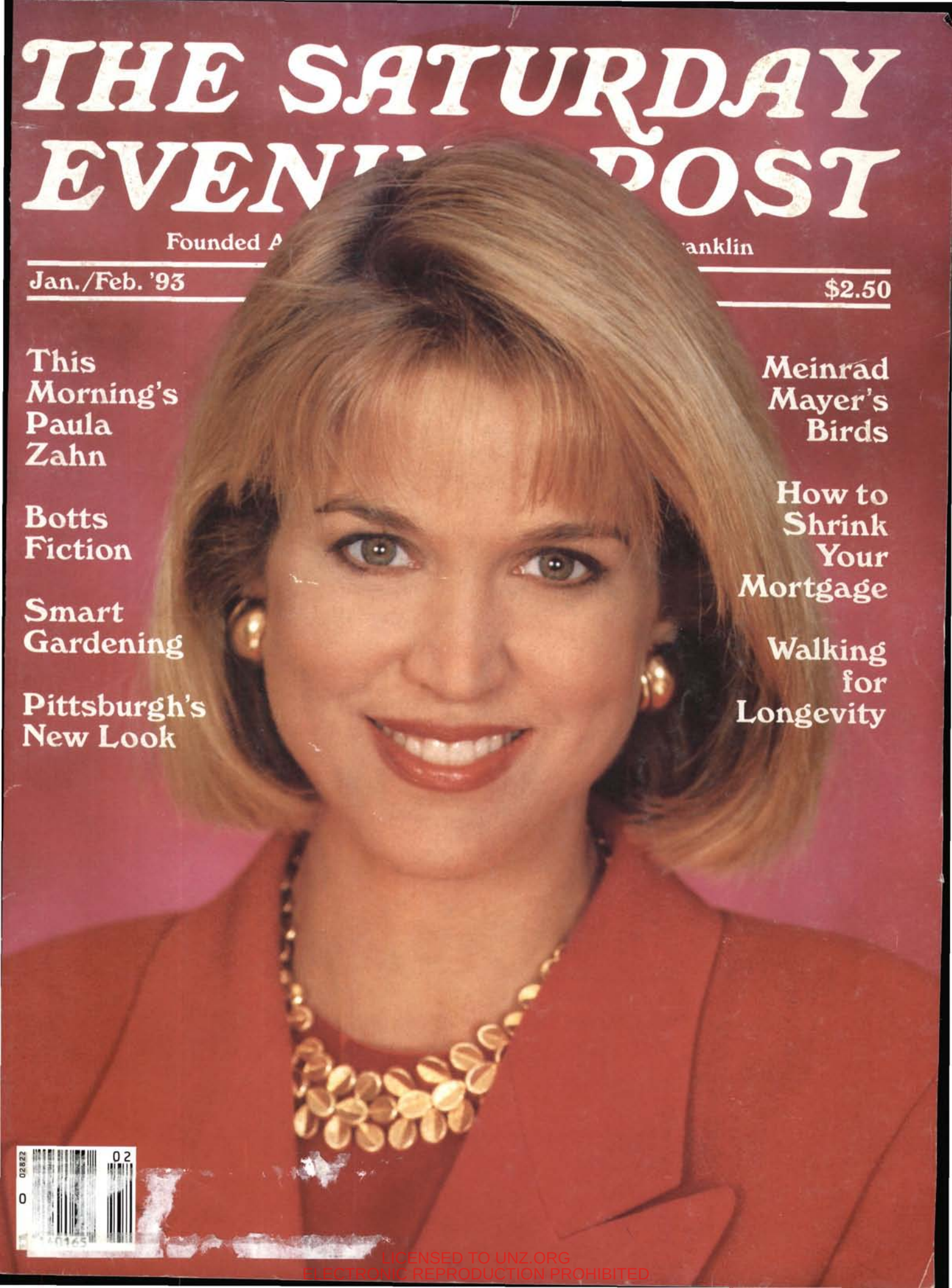
Pittsburgh's New Look

Meinrad Mayer's Birds

How to Shrink Your Mortgage

Walking for Longevity



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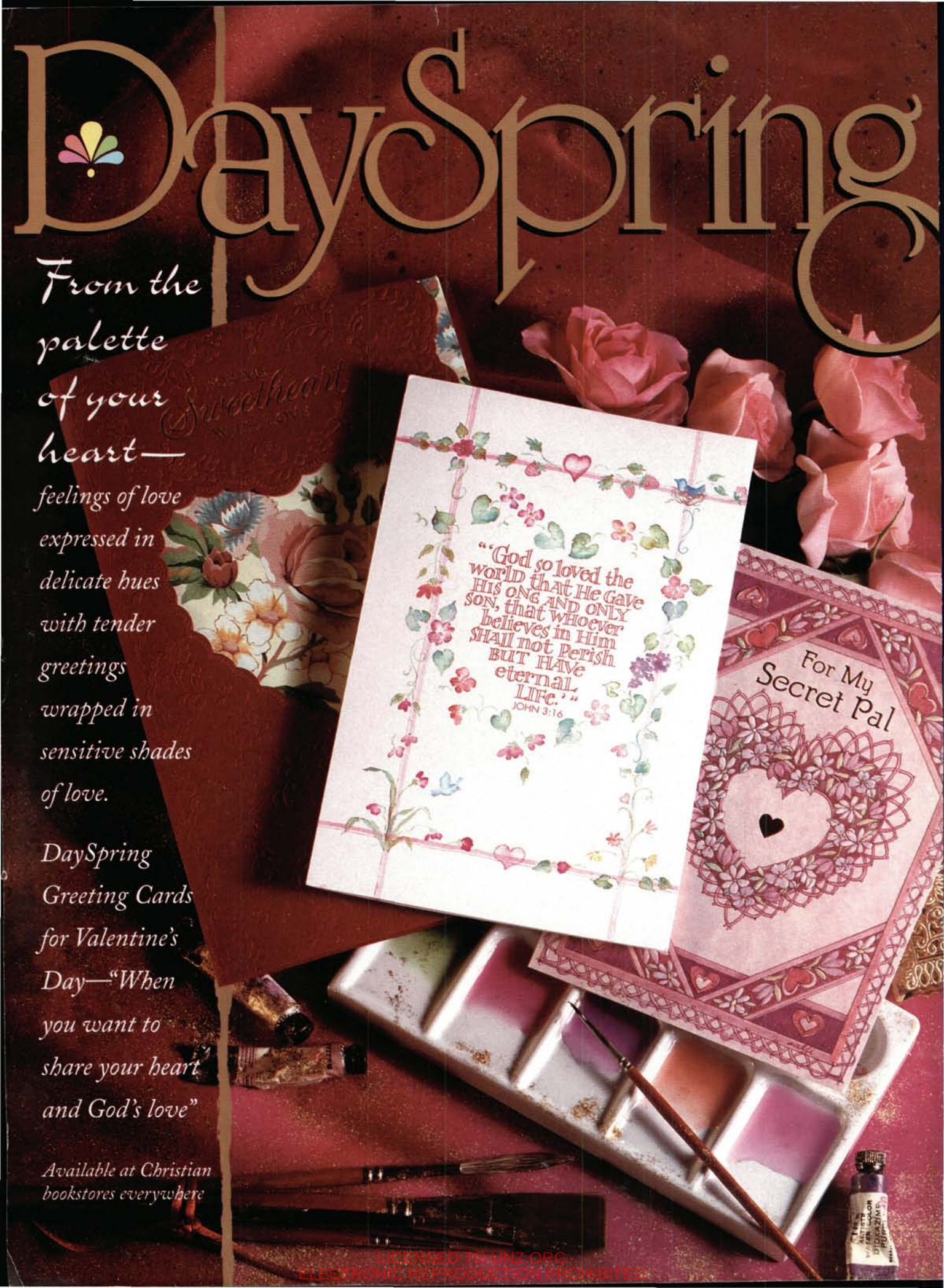
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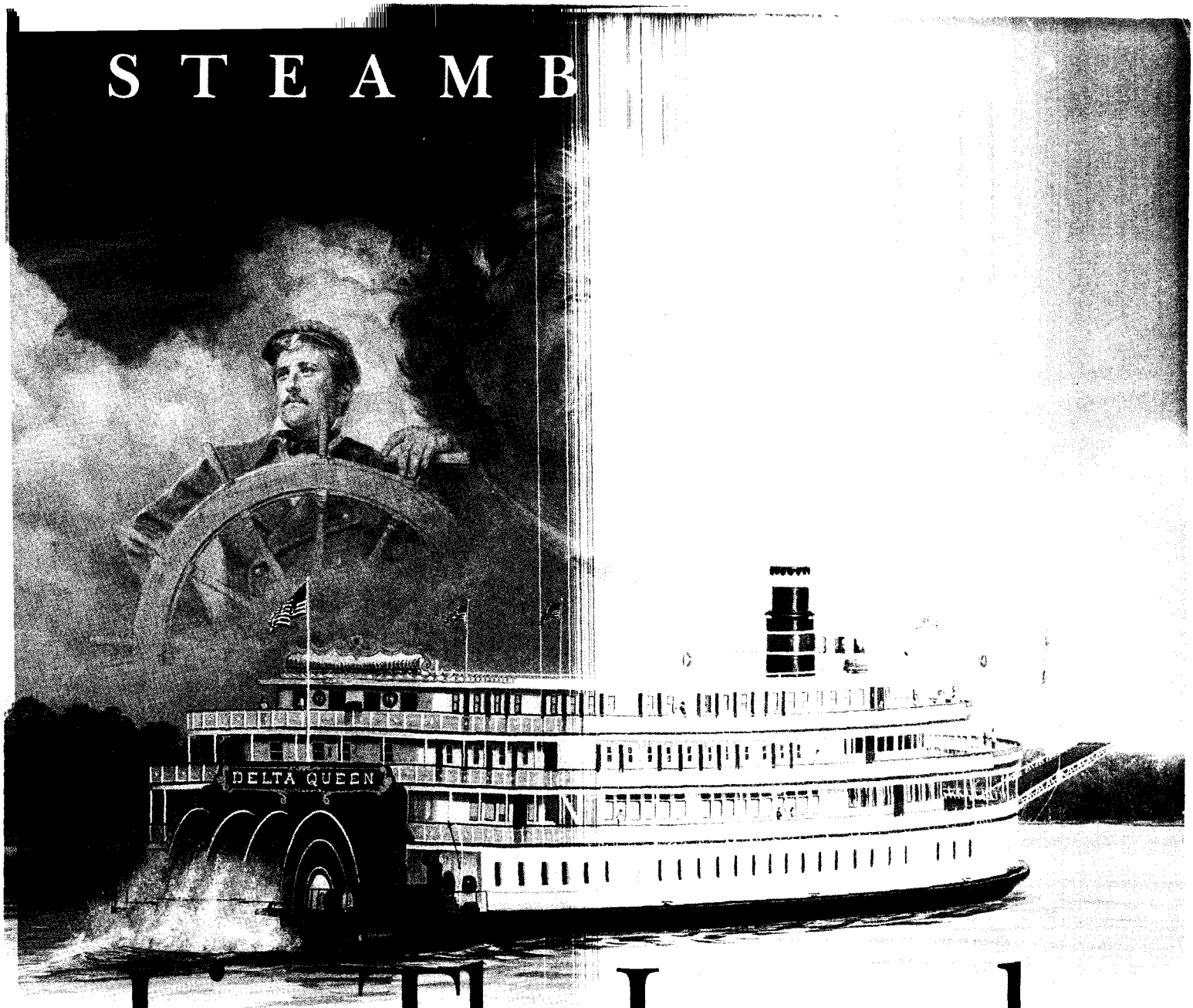

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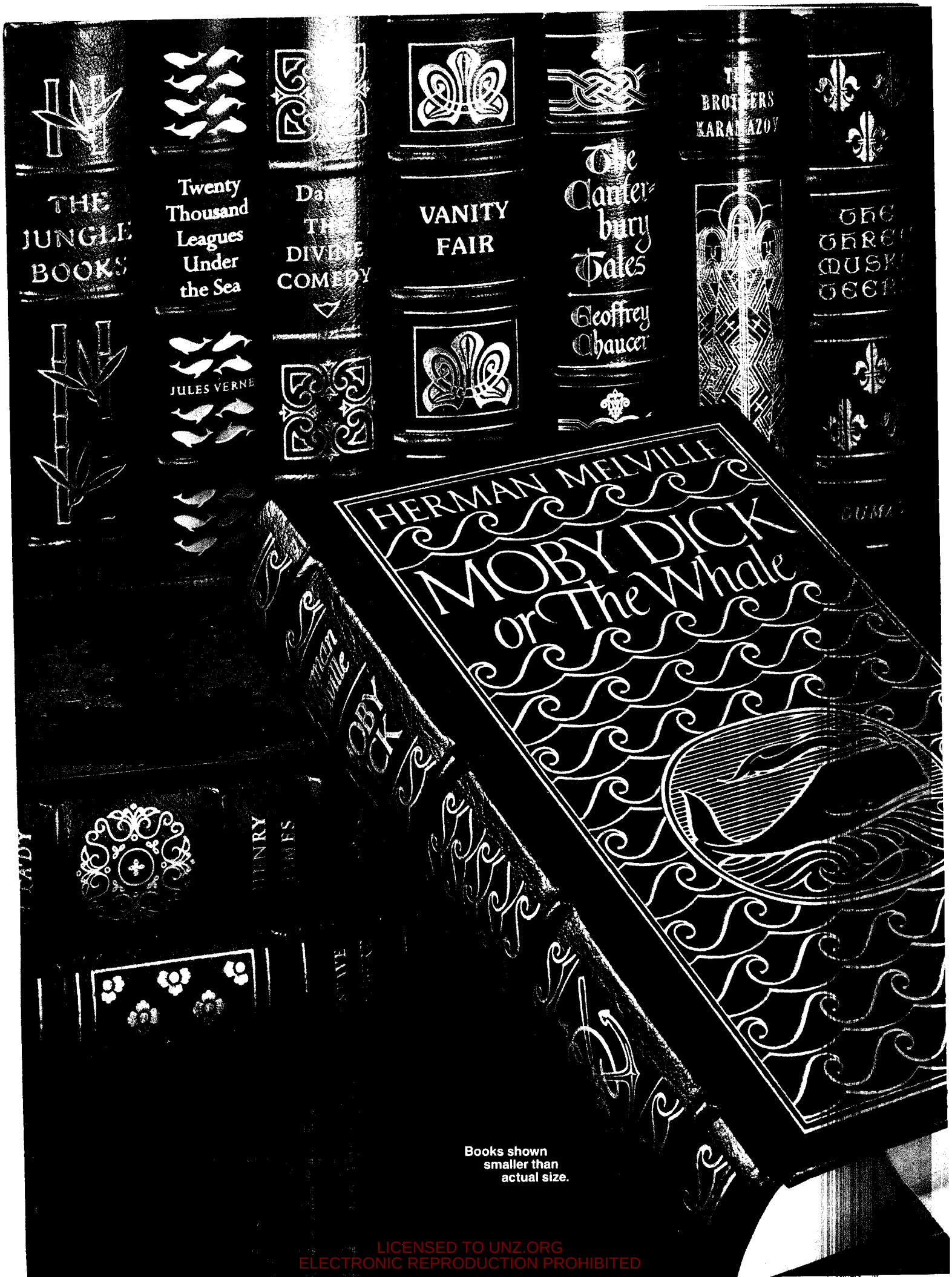

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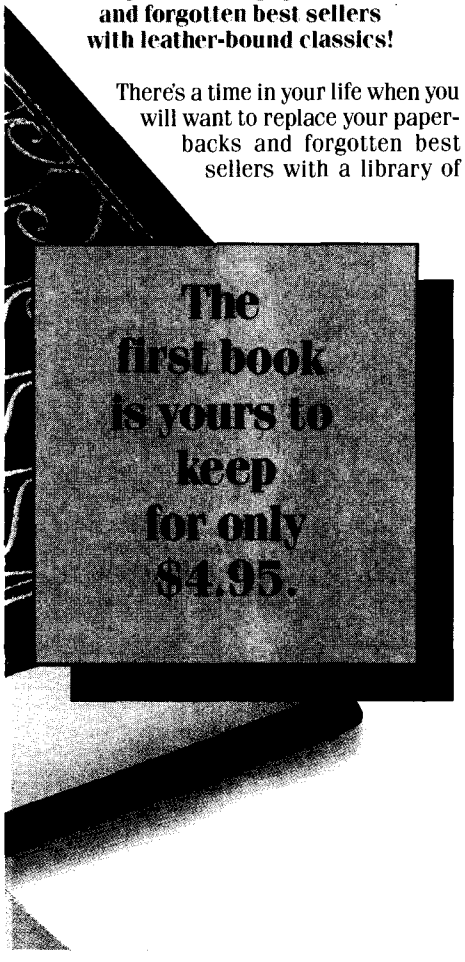

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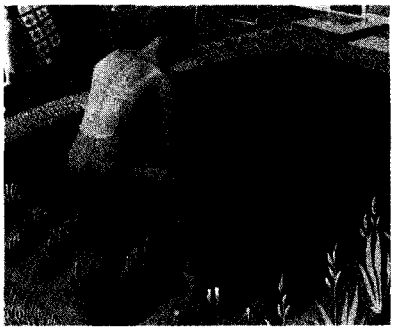

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(Cover photo by Craig Blankenhorn)

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Letters

Poetry, A Plus

It was a pleasure as well as surprise to find the poem "Time," by Robert B. Brown, in your July/August issue. The muse of lyric poetry is seldom honored these days. Rather she is usually misrepresented by those churned out for popular records and tapes. Therefore, thank you!

Meinrad Mayer's illustration—flying birds—reminded me of my free-verse poem "Skybound" that urges the reader to say, "This morning I would fly with birds."

I hope you will consider it for your magazine, illustrated, again, with flying birds.

Margery A. Singer
Fairfield Glade, Tennessee

Editor's note: Your poem arrived in time to accompany our feature of Meinrad Mayer paintings (page 56).

I teach in grades seven and eight. I take my students to the library every two weeks. Your magazine, *The Saturday Evening Post*, is available to us in our library.

In the July/August '92 issue of *The Saturday Evening Post* on pages 14 and 15 you printed the poem "Time" by Robert B. Brown with an illustration by Meinrad Mayer.

I would like to thank you for printing the poem and its illustration. I teach literature and believe that poetry is an important part of the enjoyment of reading.

Velma L. Marmon
New Town Public School
New Town, North Dakota

Prostate Cancer Newsletter Needed

I have just read a friend's December 1991 issue of *The Saturday Evening Post.* I was taken by the article "David, Why Did You Wait?" I lost my dear father to prostate cancer in January 1991 and have been interested, since his diagnosis with the disease in May 1986, in starting a newsletter or similar publication concerning the disease. I was so pleased to find your column in the December 1991 issue. Another reader has a similar newsletter interest.

Please let me know if "Mrs. C. Spring" of Springfield, Ill., has had any response through your column to her desire (and mine) to start a prostate

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cancer newsletter. Any help you or your staff could provide in getting this "off the ground" would be most appreciated. I would like to correspond with Mrs. Spring directly, if at all possible. It would be wonderful to think that a prostate cancer "clearinghouse" could exist for the public.

I eagerly await your reply and thank you in advance for your help.

Cynthia N. Walker
McLean, Virginia

Editor's note: Mrs. Spring's address is Route 6, Springfield, IL 62607.

Restoring U.S. Values

Your Open Forum article, "The Way We Were" in the Sept./Oct. '92 issue was a classic. We think it reveals the true American way of life. And we hope these values can be restored to our national life.

Harvey and Sue Childress
Richardson, Texas

Hen-Pecked

My folks were telling me this morning that the year I was born, 1934, two city guys came around selling magazine subscriptions. Here we were living in the country with practically nothing to our names. These two guys drove in all duded up in their suits and little hats.

They wanted the folks to buy a subscription from them. Dad said, "We don't have any money. No way could

we ever buy from you." So the one guy said, "How about trading us a chicken for a three-year subscription?" Mom said, "If you can catch that chicken, it's a deal." She wishes she'd had a camera. These two guys in their suits were running all over the place after that chicken. They finally caught it after a great chase. So our family enjoyed *The Saturday Evening Post* for three years. What a delight to us. Our only magazine. Mom and Dad always wondered how they traded that chicken in on our subscription. Sold it somewhere I'm sure.

So today we subscribe to *The Saturday Evening Post*. Our Nov./Dec. issue came last week. My dad has been very sick and came home from the hospital over the weekend. He was so happy to see a copy of *The Saturday Evening Post* lying on the coffee table. He was 82 years young October 5—the day he suffered a perforated ulcer and required emergency surgery.

Your magazine has been a bright spot here this week. Thank you for a very enjoyable magazine for our entire family.

Mr. & Mrs. Gail Glenn
Genesco, Illinois

Questioning Role

Our family and extended family from here to Texas and on to Arkansas to Oregon and California can be deemed longtime *Saturday Evening Post* fans and subscribers from decades back.

I can't recall any negative talk until the past year or so—and some are talking of letting the magazine pass on.

Arnold Schwarzenegger is no longer considered a wholesome role model for decent kids or adults—and we are very disturbed that you continue to portray him as such.

He has become a figure of bloody violence on the screen.

Our country is being torn by violence, and what feeds this violence? Hollywood and the media.

It is disgusting—and a far, far cry from the yesteryear format of *The Saturday Evening Post*. You were the standard for America and for American values.

A longtime reader

Editor's note: You could boycott the violent movies and rent Twins. *Arnold Schwarzenegger's work on the President's Council on Physical Fitness and Sports is outstanding.*

Artistic Touch

Thank you so much for the beautiful, precious cover illustration by J.C. Leyendecker that appears on the Nov./Dec. issue of *The Saturday Evening Post*.

I have waited so long for this to happen. No matter how beautiful or famous the people are who grace the magazine covers, we grow weary of looking at their smiling faces.

I hope this is the beginning of a permanent policy.

Virginia B. Henderson
Encinitas, California

"One of the airlines just dropped them off."

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For Thinking People

My compliments on your fine article on Wendell Willkie ("The One World of Wendell Willkie"). I remember well his part in my world and that his dream of One World would someday be considered by mankind.

Please keep on with this campaign to alert the minds of thinking people.

A friend just phoned to run something by me . . . . that we should alternate between Democrats and Republicans, four years each, and stop all this stupid bickering and in-fighting.

Here's to your continued good efforts. I look forward to the next issue of the *SEP*. My boss, Erle Stanley Gardner, had his first Perry Mason story published in the *SEP*.

Betty Burke
Lake Elsinore, California

We Lost Our Noodles

On page 96 of your Nov./Dec. '92 *Saturday Evening Post* you printed a partial recipe on Cheesy Noodles. Somehow half the recipe was omitted. I'd love to have the rest of it.

Enjoy the magazine very much.

M. S. Brittenham
Albuquerque, New Mexico

Editor's note: We goofed! Here's the delicious recipe.

Cook 6 ounces "No Yolks" cholesterol-free noodles in 3 quarts of water, 10-12 minutes or until tender. Drain and rinse in hot water. Chop ½ green pepper and one small onion and cook in a small amount of water until tender. Add to noodles and reheat. Transfer to serving dish and fold in one cup grated Parmesan cheese.

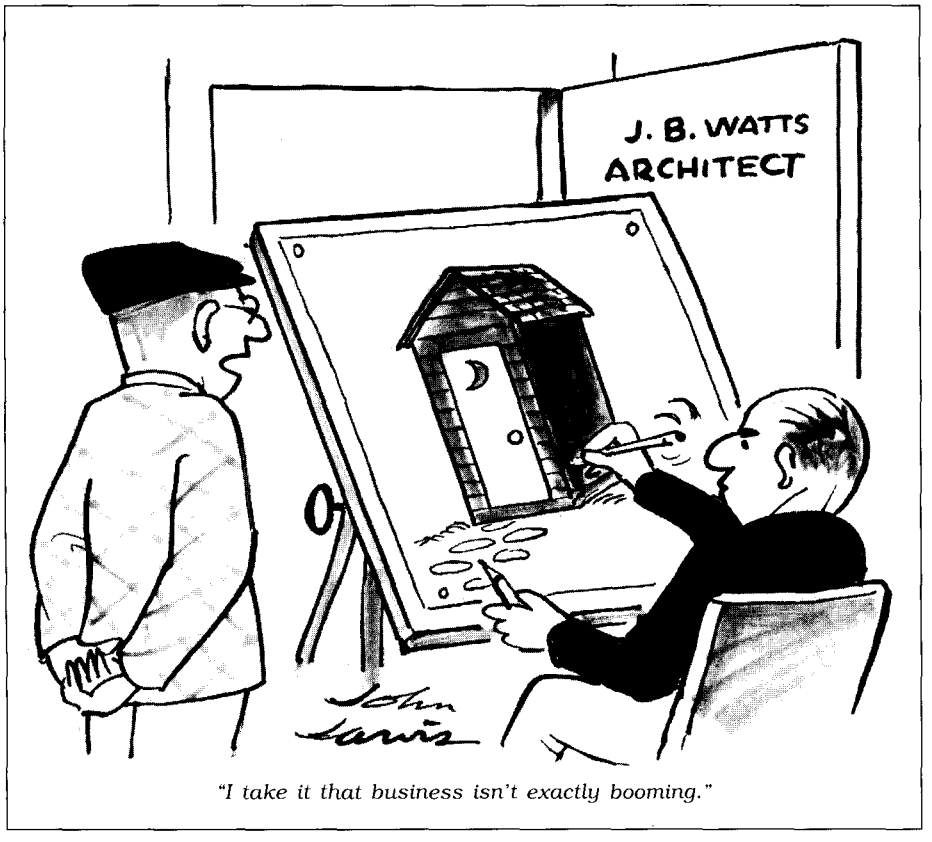
Started With the *Post*

Here is a picture of my brother, Gene Dozer, carrying the *SEP* sometime between 1924 and 1927 in Zanesville, Ohio. I was born in 1924, and he was 5 years old then, so I think that it may have been one of the later years when the picture was taken. Perhaps you can tell from the cover.

I hope that you will publish this in the "Letters" section as you have others. He was a very good brother and still is. Later he earned enough in other delivery jobs to support our family during the depression when our father was too ill to work. That was delivering the daily newspaper, but he got his start with the *SEP*. Thank you, *SEP*!

We always read the *Post* growing up and I still do and enjoy it immensely, of course!

Bonnie D. Lisko
Columbus, Ohio



"I take it that business isn't exactly booming."

Smoke-Free

I was recently re-reacquainted with your magazine when I came across some old issues of the *SEP* on our library's "For Sale" rack. I bought several issues. I was interested in one because you interviewed Dr. C. Everett Koop (April '85) regarding tobacco and smoking. Others contained the two-part article "[Dr.] Norman Cousins Speaks Out" (May/June and July/Aug. '84). I was particularly intrigued by these articles because they seemed to follow an advertising policy that refused tobacco advertising.

Like you, I changed my policy toward tobacco a couple of years ago. Having struggled to quit smoking and stay quit since my first cigarette in my early teens, I know how horrible the addiction is for most smokers.

I quit smoking two years ago this

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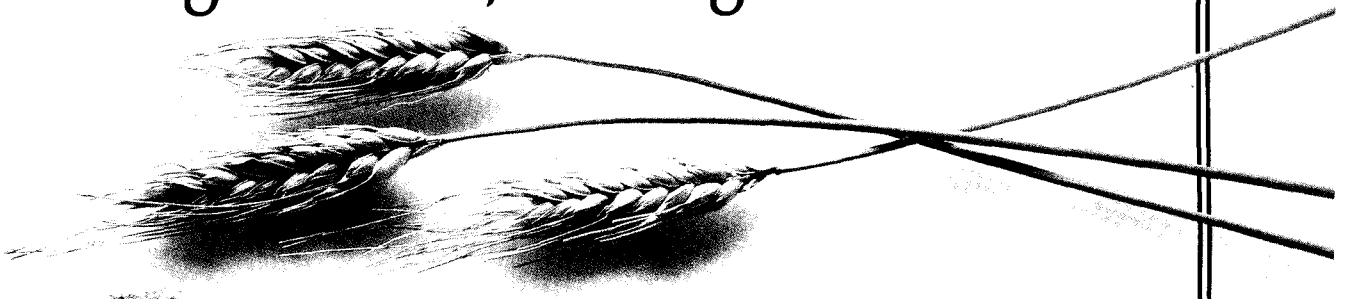
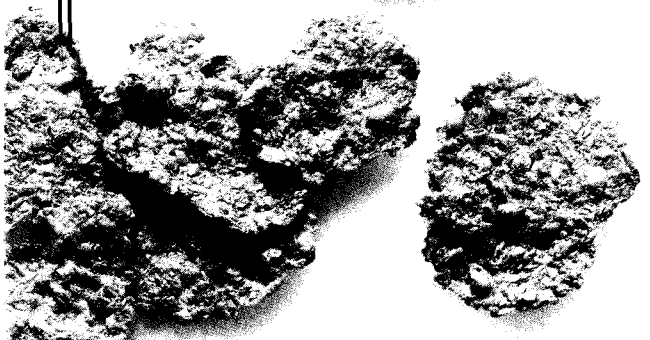
Post®

How to become an expert in choosing a natural, whole grain bran flake.





Make sure you can see the natural high fiber wheat bran in every flake.

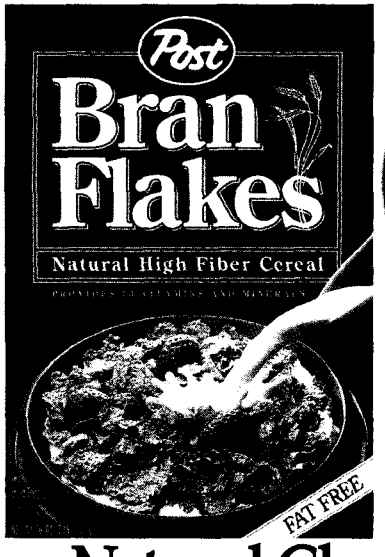
Make sure it's made with whole grain wheat and wheat bran.

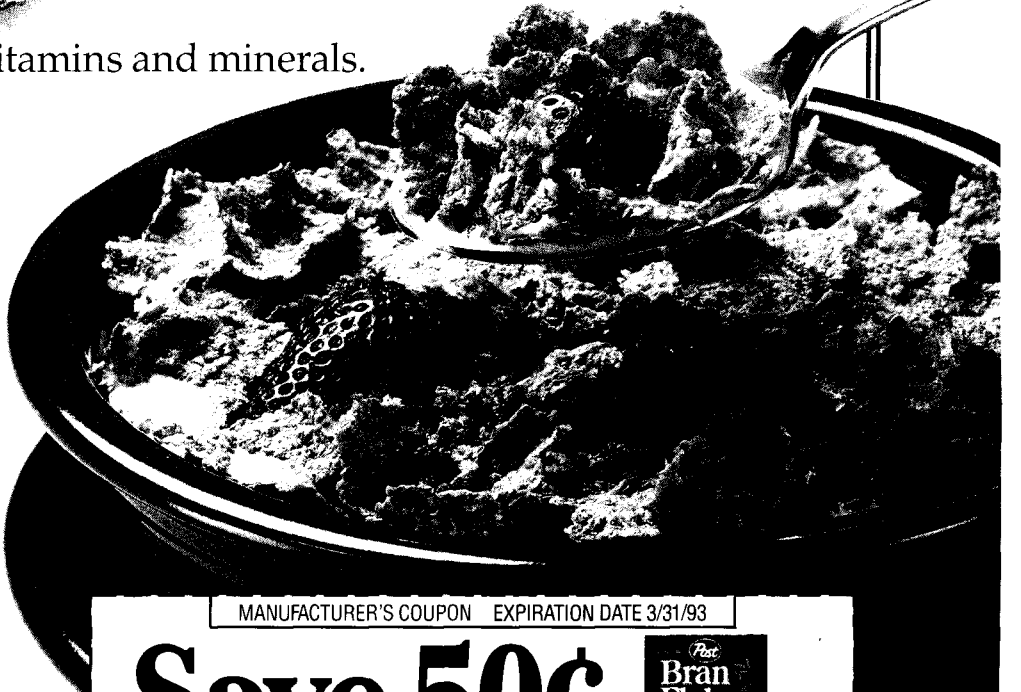
Make sure it has big, crispy flakes with naturally delicious whole grain taste.

Make sure it has 13 vitamins and minerals.

Make sure it's naturally fat free, cholesterol free with no preservatives.

Make sure it's POST® Bran Flakes.



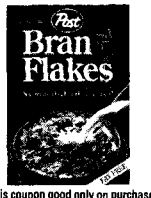


Your Natural Choice

MANUFACTURER'S COUPON EXPIRATION DATE 3/31/93

Save 50¢

on any size Post Bran Flakes



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month. Then after six months of not smoking and weekly support meetings to help me stay smokefree, I got angry, felt lonely, and could not resist the little cigars that beckoned me from a restaurant display case. I bought a box of five and smoked them. It took me three weeks of agonizing to finally quit again. It has now been 18 months and I'm extremely grateful to be free from that dreaded addiction after more than 30 years of trying!

My advice to anyone who hasn't started smoking yet, no matter how glamorous it seems, no matter what your friends say, don't start. Don't believe the cigarette ads, and don't believe it is harmless, because it isn't. It will ruin your health, make your breath, clothes, car, and home stink. And, it will eventually kill you.

It is wonderful to be able to breath and smell and taste again. The benefits far outweigh the temporary discomforts that accompany withdrawal from nicotine.

Thanks, Dr. SerVaas, for an excellent magazine. Thanks also for giving the boot to tobacco ad money!

Robert R. Jasper
White Bear Lake, Minnesota

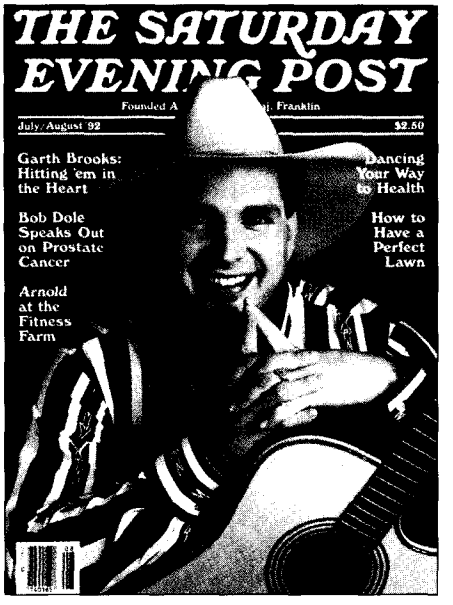
A Fresh Perspective

Sometimes it requires an outsider to provide a fresh insight into a problem. The French historian de Tocqueville could see things about America that native Americans couldn't see. Likewise, classical art scholars were so wrapped up on details regarding the interpretation of the ancient Roman Portland vase that they couldn't solve its riddle.

Randall Skalsky was a newcomer, an art novice (actually he isn't even an art major), uninhibited by the traditional approach, and therefore could look at the Portland vase in a new, offbeat, and ingenious way. His eyes saw what art scholars failed to see; it was as if he could see the forest but they could only see the trees.

Congratulations to Mr. Skalsky, and thank God the world isn't totally run by stodgy, conservative, narrow-minded traditionalists!

Kenneth L. Zimmerman
Huntington Beach, California


THE SATURDAY EVENING POST
July/August '92
$2.50
Garth Brooks: Hitting 'em in the Heart
Dancing Your Way to Health
Bob Dole Speaks Out on Prostate Cancer
How to Have a Perfect Lawn
Arnold at the Fitness Farm

Goes for Garth

I loved your August '92 issue with Garth Brooks. I want to join the Garth Brooks' fan club, but I do not know where to get the address. I was hoping that you could help me.

If you could possibly send me any information or maybe even the address of the fan club, it would be greatly appreciated.

Melanie Rauch
LaGrange, Texas

Editor's note: Garth Brooks' fan club address is 27 Music Square E., Suite 172, Nashville, TN 37203.

Octogenarian Accolades

I am probably one of your longest subscribers to the *Post*.

I am 84 years old, and except for the two years I attended Kent State University—then Kent State College—in Kent, Ohio, I have had great pleasure from your magazine.

The first I remember of it was when I was in high school in Painesville, Ohio, and someone hit upon the idea we sell the *Post* to help make some money for one of the organizations, and little it was because each issue sold for 5¢ a copy.

Two years ago I decided to share some of the covers by Norman Rockwell I had saved. So I framed them and gave them to my family for Christmas. I think three of them had 1929 dates. I have one here before me now dated Dec. 12, 1931, a Christmas cover with three musicians supposedly playing Christmas music.

I have been part blind for the last six months. However, I managed to read a great deal of the last issue dated Nov./Dec. '92, and I must say I have enjoyed all I was able to read with my magnifying glass.

Keep up the good work. I am sure oldsters and youngsters alike enjoy it as much as I did.

Alta Lida Tuttle Lugar
Zionsville, Indiana

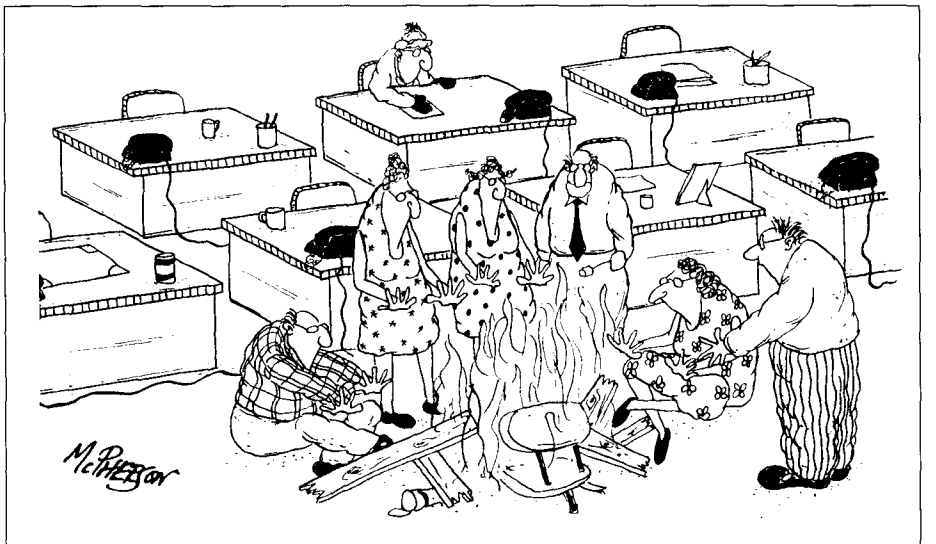
The Lawn and Short of It

Mr. Schultz's article: "Getting Your Lawn in Order," in the July/August issue, was most interesting.

It brought to mind my favorite "lawn" story, about the lady on a trip to England, who complimented the Queen's gardener on his beautiful lawns, and asked how *she* might bring her own lawns to that perfection.

"Madam," the gardener said, "you can easily obtain similar results. All that's needed is to *roll* the lawns regularly, for 300 years!"

Maurice B. Cook
Newport Beach, California



"Hopefully maintenance will take the hint and turn the heat up a notch."

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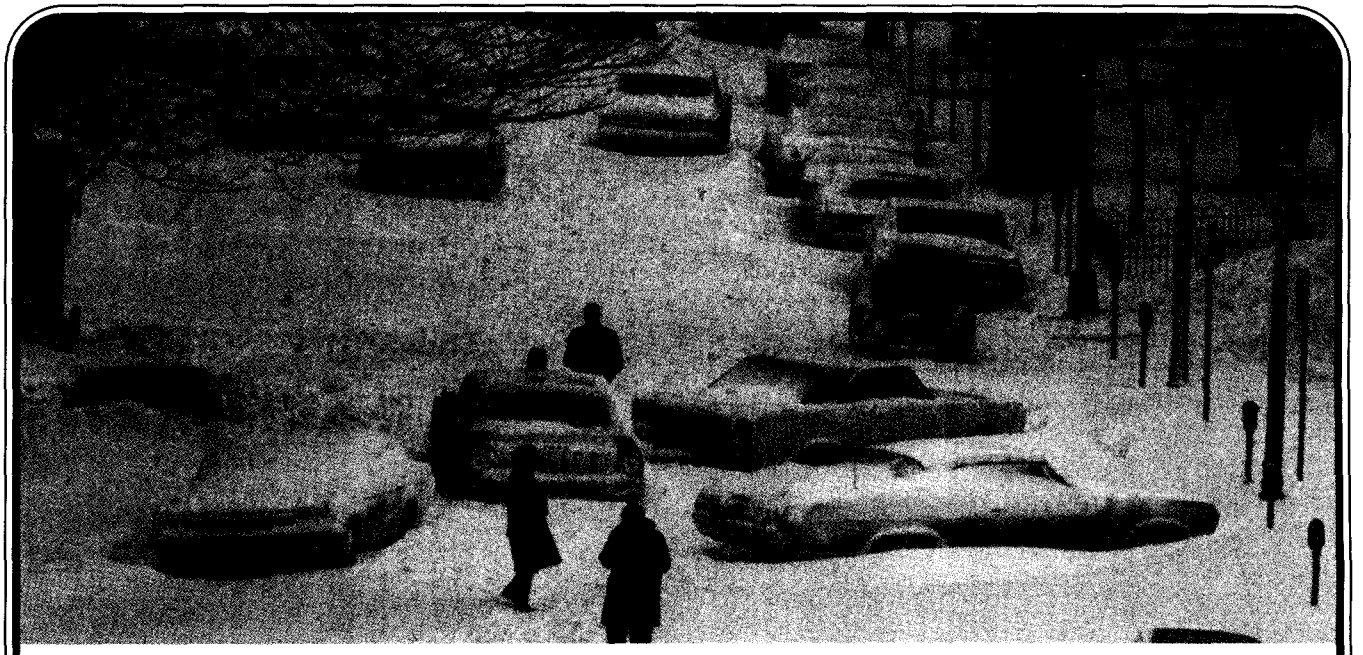

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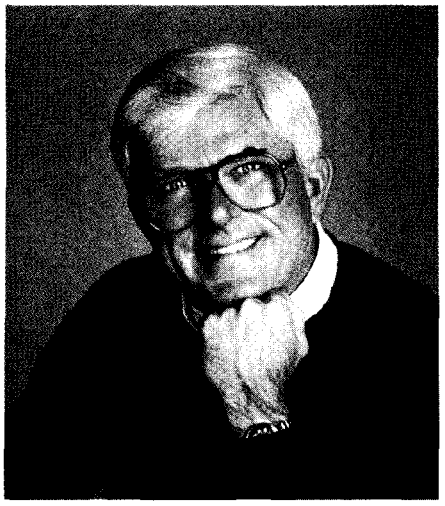
Post People

His first show was from Dayton, Ohio, on November 6, 1967. His sole guest, the atheist Madalyn Murray O'Hair, who on this premiere show of its genre claimed "There is no God."

The call-in show was titled "Donahue." Its host, ***Phil Donahue***, later said, "That certainly got the viewers' attention. Mail poured in from everywhere. It was like calling for the return of polio."

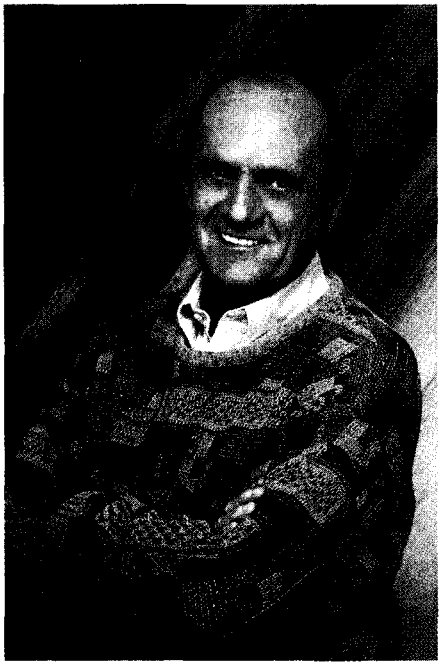
The program, now billed as "The Phil Donahue Show," has celebrated its 25th anniversary, the mail contin-



ues to pour in, the number of viewers has swelled to 10 million homes, and host Phil Donahue has received enough national awards to fill a lifetime. Though still giving voice to controversial issues, Donahue has become one of the country's most respected and popular television personalities. Perhaps Kathleen Fury expressed it best and most succinctly in *TV Guide*: "The man is a gift to television."

After "The Bob Newhart Show" became a tremendous success, ***Bob Newhart*** said the chances of a second hit series had about the same odds as being struck by lightning. So he *was* struck by lightning, capturing a large viewing audience during eight seasons of "Newhart." After which he "drifted away early rather than to overstay my welcome."

Unable to stay away from his millions of fans, however, Newhart was faced with only two possible titles for his new show—"The Show," or "Bob." We are thus seeing his bumbling, befuddled character revived this season in "Bob," and this time as a



disgruntled greeting-card artist who wants to return to his Mad Dog comic book days. "The Show" will have to wait for possibly another eight years.

"Can you make it without her?" was the question "Judds" fans were asking when ***Wynonna Judd*** went on her own after her mother, Naomi, retired because of chronic active hepatitis.

Wynonna confesses it was scary "not having Mom anymore to cut up my meat." Mom, she says, would be onstage as cheerleader while she would hide behind the drums, acting goofy.

But not to worry. This 28-year-old entertainer had something to prove, "Not only to Nashville and the Judds fans," she says, "but to myself. I've never felt completely responsible for anything in my life."

Although single records topping all the country lists have answered the question about her making it on her own, daughter Wynonna says, "I'm just constantly aware that I'm alone now. I've had to strive to find the positive without feeling like something has been taken away from me."

After working at everything from mail-room clerk to racetrack flack, after declaring bankruptcy, after suffering a heart attack and undergoing bypass surgery (and quitting smoking), who rivals Phil Donahue as top banana of talk-show hosts?

Why, ***Larry King***, of course.

His weeknight "Larry King Live" on CNN and his three-hour Mutual radio programs are watched and listened to by more than four million people. His weekly column of random thoughts appears in *USA Today*. The book *When You're from Brooklyn, Everything Else Is Tokyo* is the fifth for Larry King, who grew up in Brooklyn as Larry Zeiger. On the lecture circuit, he pulls in $35,000 per appearance. His total annual income is well over $2 million.

Though he says he may begin easing back a bit, he vows, "If—God forbid—I ever become President, I'd keep right on doing 'Larry King Live' from the White House."

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22-karat gold highlights and three gold bands are enhanced by an intricately detailed border
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[illegible] value, some [illegible] issue price. [illegible] Hummingbird" is [illegible] days, and de- [illegible] wish to obtain [illegible] time, to act is [illegible] unconditional [illegible] simply [illegible] 8261-E91591

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*Plus a total of $3.49 postage and handling, and sales tax where applicable.
Pending credit approval. The plate price in Canada is $39.50. 8261-E91591

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FOOD

THE WELL-SEASONED SOUP

Explore the wide world of soups with these healthful international favorites.

There is nothing quite so inviting on a wintery night as a bowl of steaming hot soup or the welcome aroma of simmering vegetables and spices to chase away the chill.

No wonder every cuisine in the world boasts a signature soup. In the "borscht belt" of Russia and the Ukraine, it's beet. In Africa, sweet potato, in Germany it's potato and dumpling. In the melting pot of the U.S., we have several favorites: vegetable, chicken, and bean.

Next time you break out the crock pot, why not break out of your routine, too, and go international with one of these delicious imports? All are low in sodium, fat, and cholesterol. We've even included some healthful updates of traditional American soups for those who prefer the familiar.

Borshch Ukrainsky

(Ukrainian-Style Beet Soup)
(Makes 12 servings)

1 pound fresh lean beef brisket
5 pounds beef marrow bones, cracked
Water
1 large onion, peeled and quartered
2 large carrots, divided
2 large celery ribs
2 bay leaves
½ cup instant minced onion
2 tablespoons margarine
1 parsnip, cut in julienne strips
1½ teaspoons caraway seeds
1 teaspoon dill seeds
1 teaspoon brown sugar
2 tablespoons vinegar
1 pound all-purpose potatoes, peeled and cut in 1-inch cubes
1 pound green cabbage, shredded (6 cups)
1 can (16 ounces) low-salt whole tomatoes, drained and chopped
1 can (16 ounces) julienne cut beets, drained
1 tablespoon dill weed
¼ teaspoon ground black pepper

To prepare beef stock: In large saucepot combine brisket, bones, and four quarts cold water; bring to boil, skimming off foam as it rises to surface. Add onion, one carrot, quartered, celery ribs, quartered, and bay leaves. Simmer, partially covered, until meat is tender, about 1½ hours. Remove meat; cool and cut into ¼-inch cubes; refrigerate. Simmer stock until reduced to two quarts liquid, about four

A favorite of Slavic peoples, Ukrainian Borshch is a hearty soup of lean beef, a variety of vegetables, and beets that give borshch its characteristic color.

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WAGON WHEELS

50 Legendary Songs Of The Old West

From out of the Golden West we bring you a giant memory-stirring treasury of unforgettable cowboy favorites. Here are America's beloved singing cowboys with all the romantic western songs that helped build the legends of the Old West.

Settle back and close your eyes — hear the jingle of spurs and the gentle clippity-clop of horses on the range as the famous cowboys of yesteryear bring you 50 classics like *BACK IN THE SADDLE AGAIN, TUMBLING TUMBLEWEEDS, CATTLE CALL, THE LAST ROUNDUP* and *TWILIGHT ON THE RANGE*. Legends like Gene Autry, Tex Ritter, Rex Allen and the Sons of the Pioneers will serenade you with their plaintive harmonies and the easy rhythms of the trail. Imagine having all the great western stars of radio and the movies right in your own home. It's a goldmine of musical memories. Be sure to order now.

The Cowboy Music Treasury That's Sweeping America On TV!

I'm Back In The Saddle Again
Gene Autry

Tumbling Tumbleweeds
Sons Of The Pioneers

Cattle Call
Eddy Arnold

Bury Me Not On The Lone Prairie
Tex Ritter

New San Antonio Rose
Bob Wills

The Last Roundup
Rex Allen

Cool Water
Sons Of The Pioneers

Riders In The Sky
Vaughn Monroe

High Noon
Tex Ritter

Someday You'll Want Me To Want You
Elton Britt

Mule Train
Frankie Laine

Red River Valley
Slim Whitman

Home On The Range
Gene Autry

The Shifting Whispering Sands
Jim Reeves

I'm An Old Cowhand
Patsy Montana

The Prisoner's Song
Vernon Dalhart

Whippie Ti Yi Yo (Get Along Little Doggie)
Sons Of The Pioneers

When It's Springtime In The Rockies
Montana Slim

Nobody's Darlin' But Mine
Jimmie Davis

Mexicali Rose
Jim Reeves

The Streets Of Laredo
Marty Robbins

Pistol Packin' Mama
Al Dexter

Don't Fence Me In
Bing Crosby

Goodnight Irene
Ernest Tubb & Red Foley

I Want To Be A Cowboy's Sweetheart
Patsy Montana

Empty Saddles
Sons Of The Pioneers

My Little Cherokee Maiden
Bob Wills

Down In The Valley
Slim Whitman

El Rancho Grande
Gene Autry

South Of The Border
Patsy Cline

Old Shep
Red Foley

I'm Thinking Tonight Of My Blue Eyes
The Carter Family

Along The Navajo Trail
Sons Of The Pioneers

Sioux City Sue
Bing Crosby

Beautiful, Beautiful Brown Eyes
Jimmy Wakely

Blue Yodel ("T" Is For Texas)
Jimmie Rodgers

Deep In The Heart Of Texas
Bob Wills

Jealous Heart
Tex Ritter

Take Me Back To My Boots and Saddle
Jimmy Wakely

Have I Told You Lately That I Love You
Gene Autry

Twilight On The Trail
Sons Of The Pioneers

You Are My Sunshine
Jimmie Davis

That Silver-Haired Daddy Of Mine
Gene Autry

Wagon Wheels
Sons Of The Pioneers

Happy Trails
Roy Rogers & Dale Evans

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hours longer. Strain through fine sieve, discarding bones and greens. In covered container, refrigerate beef stock; remove fat.

To prepare soup: In small bowl combine minced onion with ½ cup water; set aside until softened, about 10 minutes. In Dutch oven, melt margarine over medium heat. Add softened onion, remaining carrot, cut in julienne strips, and parsnip; sauté for five minutes. Add caraway seeds, dill seeds, brown sugar, reserved beef stock, and vinegar; bring to boil. Reduce heat and simmer, partially covered, until parsnip is crisp-tender, about 40 minutes. Add potatoes, cabbage, tomatoes, and 1½ teaspoons salt; simmer, partially covered, until potatoes are almost tender, about 20 minutes. Add reserved diced beef, beets, dill weed, and black pepper; heat until hot. Serve 1 tablespoon nonfat yogurt or nonfat sour cream, if desired.

Per Serving (1 cup):

Calories: 215	Carbohydrate: 20.5 gm
Cholesterol: 68 mg	Protein: 18.1 gm
Sodium: 113 mg	Fat: 6.6 gm

With non-fat yogurt:

Calories: 222	Carbohydrate: 21.5 gm
Cholesterol: 68 mg	Protein: 18.8 gm
Sodium: 123 mg	Fat: 6.6 gm

Diabetic exchange: 1 bread + 1 vegetable + 2 lean meat

Chicken Celery Soup

(Makes 12 servings)

1 stalk celery
1 skinless chicken (2½ to 3 lbs.), cut into eighths
2 cups carrots cut into 1-inch lengths, quartered
1 cup sliced onions
2 bay leaves
¼ teaspoon ground black pepper
1½ quarts water
¼ cup raw processed brown rice
¼ cup chopped parsley
1 tablespoon Vegit

Trim leaves from celery tops, and place leaves in saucepot. Separate celery into ribs; cut into ½-inch thick slices. Cover and refrigerate celery until ready to use. To leaves in pot, add chicken, carrots, onions, bay leaves, black pepper, and water. Bring to boiling. With slotted spoon, remove and discard foam from surface. Reduce heat and simmer, covered, for 1 hour. Cool. Refrigerate until fat congeals. Skim off fat. Heat soup until warm. Remove and discard bay leaves. Remove chicken. Cut meat from bones, discarding bones. Cut chicken into chunks. Return soup to saucepot. Add chicken chunks, rice, and reserved celery. Bring to boiling point. Reduce heat and simmer, covered, until celery is tender and rice is cooked, about 25 minutes. Stir in parsley. Season to taste with salt and pepper, if needed.

Per Serving (1 cup):

Calories: 136	Carbohydrate: 7.1 gm
Cholesterol: 61 mg	Protein: 19.9 gm
Sodium: 73 mg	Fat: 3.1 gm

Diabetic exchange: ½ bread + 2 lean meat

Feine Kartoffelsuppe Mit Gurken

(German Potato Soup with Cucumber)
(Makes 6 servings)

2 pounds boiling potatoes, peeled and cut in ½-inch cubes
3 cups cold water
¼ teaspoon ground white pepper
1 cup light sour cream
1 cup skim milk
1 cup peeled, seeded, and diced cucumber
2½ teaspoons dill weed, crushed
2 teaspoons onion powder

In large saucepan combine potatoes, water, and white pepper; bring to boil;

Cucumbers in the pot? German Potato Soup with Cucumber adds a tasty twist to a traditional American favorite, without sacrificing its rich, creamy texture.

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reduce heat and simmer, uncovered, until potatoes are soft, 12 to 15 minutes. Stir in light sour cream, milk, cucumber, dill, and onion powder; simmer over low heat until cucumber is crisp-tender, about 5 minutes.

Per Serving (1 cup):
Calories: 184 Carb.: 33 gm
Cholesterol: 7 mg Protein: 6.2 gm
Sodium: 61 mg Fat: 2.9 gm
Diabetic exchange: 1½ bread + ½ cup 2% milk

Chili Con Carne with a Crunch

(Makes 8 servings)

1 tablespoon salad oil
1 cup chopped onions
1 pound extra lean ground beef
1 can (1 lb.) low-salt tomatoes, broken up
4 cups diagonally sliced celery
1½ tablespoons chili powder
1 can (15¼ oz.) red kidney beans, drained

In large saucepot or Dutch oven, heat oil. Add onions; sauté for 2 minutes. Add beef; cook and stir until brown, about 5 minutes. Add tomatoes, celery, and chili powder. Bring to boiling point. Reduce heat and simmer, covered, for 10 minutes. Add beans. Cover and simmer for 5 minutes. Serve over rice if desired.

Per Serving (1 cup):
Calories: 167 Carb.: 18 gm
Cholesterol: 28 mg Protein: 14.8 gm
Sodium: 416 mg Fat: 4.0 gm
Diabetic exchange: 1 bread + 1½ low-fat meat

Bean Soup Mix

(Makes 4 soup mixes)

2 cups instant minced onions
¼ cup dried crushed basil leaves
4 teaspoons ground black pepper
2 teaspoons cumin powder
2 teaspoons garlic powder
1 teaspoon ground ginger
4 bay leaves
6 cups dried small red beans
2⅔ cups dried lentils
1⅓ cups dried white navy beans
1⅓ cups dried yellow split peas
4 cups uncooked brown rice

Toast minced onion in non-stick skillet, stirring constantly, over medium-low heat. Remove onion from skillet; cool. In each of four one-quart jars, layer the following: ½ cup red beans, ⅓ cup lentils, ⅓ cup split peas, ½ cup red beans, ⅓ cup lentils, ⅓ cup navy beans, and ½ cup red beans. In each of four zip-top plastic sandwich bags, place the following: ½ cup toasted onion, 1 tablespoon basil, 1 teaspoon black pepper, ½ teaspoon cumin powder, ½ teaspoon garlic powder, ¼ teaspoon ground ginger, and 1 bay leaf. Place spice-filled sandwich bags on tops of each jar and cover with jar lids. Place 1 cup rice in each of four storage bags.

When made, each yields about 12 servings, 1-1¼ cup each.

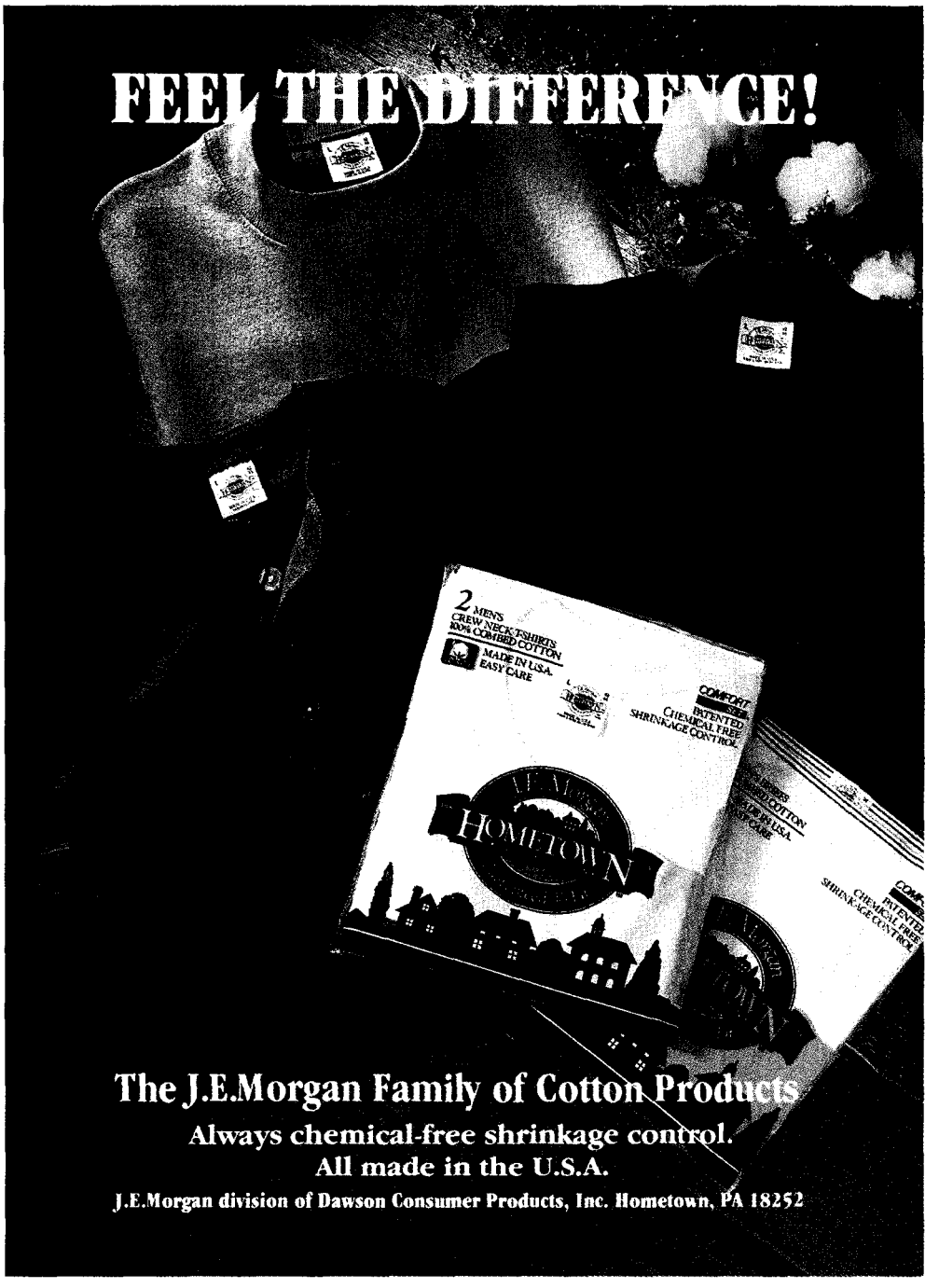
Per Serving (1-1¼ cup):
Calories: 237 Carbohydrate: 44.5 gm
Cholesterol: 0 mg Protein: 12.4 gm
Sodium: 16 mg Fat: 1.0 gm
Diabetic exchange: 3 bread

Hearty Chicken and Rice Soup

(Makes 10 servings)

10 cups chicken broth
1 medium onion, chopped
1 cup sliced celery
1 cup sliced carrots
¼ cup snipped parsley
½ teaspoon cracked black pepper

continued on page 92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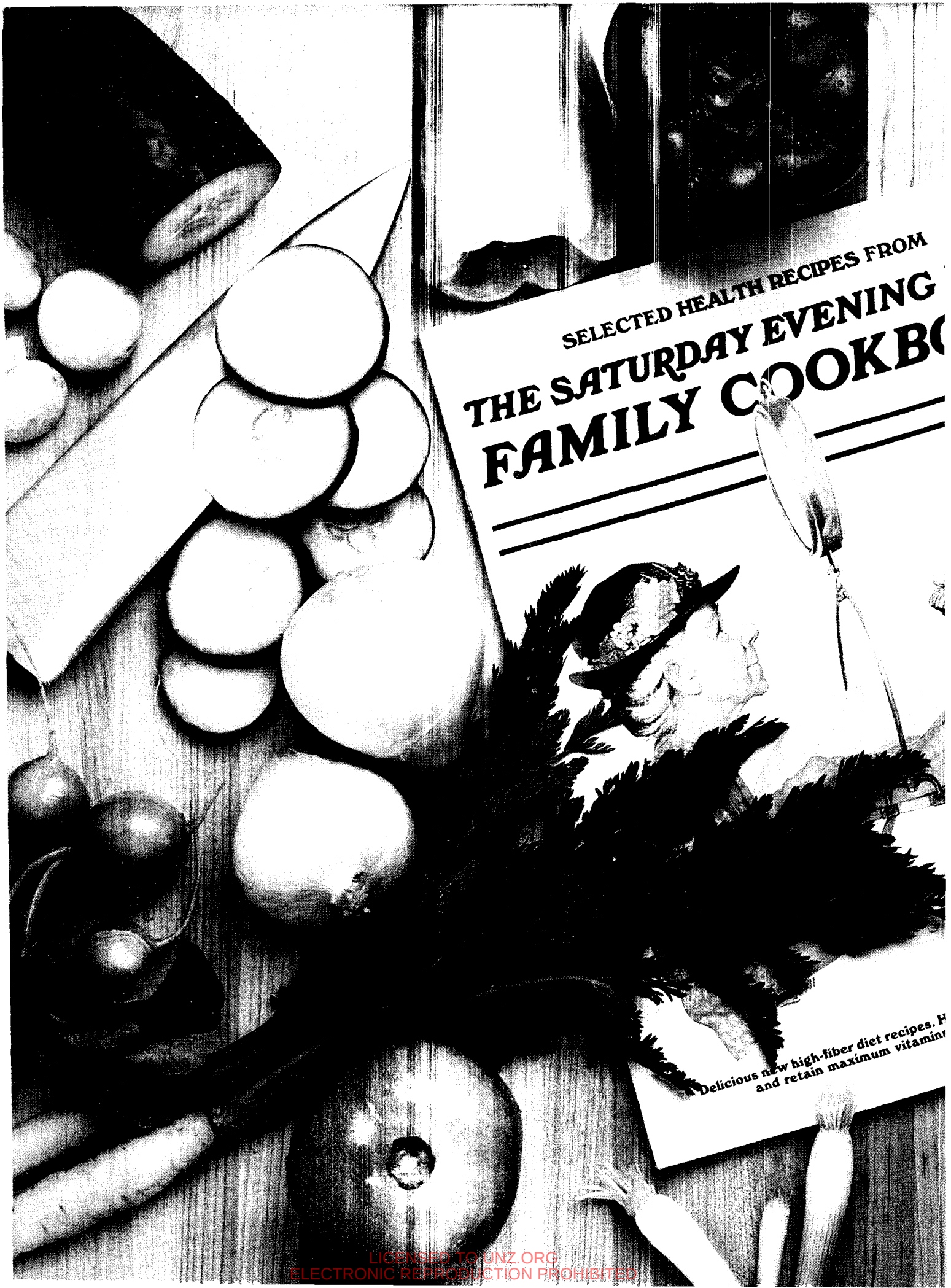

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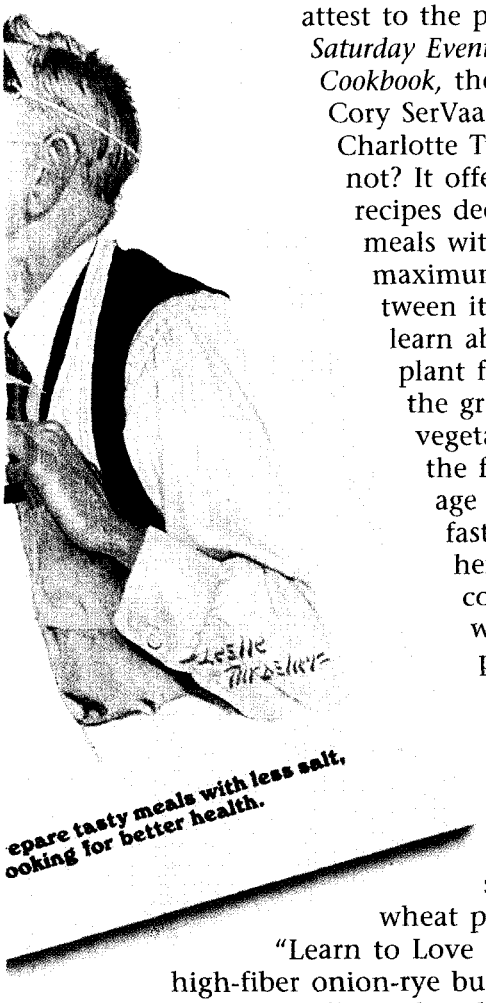


What could be more appropriate—a better-health cookbook of delicious high-fiber diet recipes to accompany the legendary all-American magazine that has said no to booze and tobacco advertising and replaced those pages with an emphasis on a long, happy, healthy lifestyle.

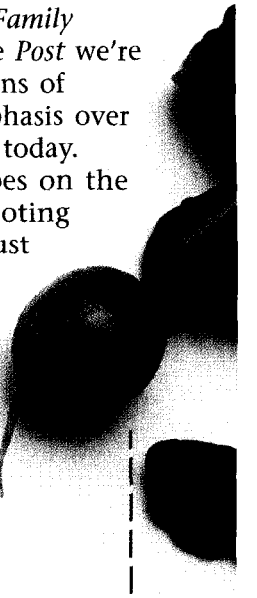
More than 500,000 copies of this 8¼" x 10¾" publication attest to the popularity of *The Saturday Evening Post Family Cookbook,* the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers over 100 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a tastebud's wonderland.

We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loaf-ing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread. We're talking of "Stirring Experiences," and celery soup, sweet-and-sour cabbage soup, corn-and-cheddar-cheese chowder. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad extraordinaire. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless reuben sandwiches, breaded carrots . . . through "Making Light of It," and much, much more.

Best of all, with your paid bi-monthly subscription to the *Post,* the *Family Cookbook* will be mailed to you FREE. And the *Post,* as you probably know, is the dessert among today's magazines. Our centerfold pictures concentrate more on the inside of the body than the outside . . . our four-letter words can be read without concern by the whole family . . . our humor and cartoons are innuendo free . . . the celebrities we write about in sports, religion, or entertainment, are people you would want your children to meet . . . our puzzles and quizzes and contests are good clean fun . . . our travel pieces take you via armchair express to only the best places . . . our food articles and medical updates are aimed at keeping you healthy.

Yes, you could say that by giving the *Family Cookbook* FREE with a subscription to the *Post* we're health "nuts." But as many of our millions of readers let us know, they prefer this emphasis over anything else offered on the newsstands today.

Why not start your own health recipes on the way by signing up for the health-promoting *Saturday Evening Post* today? It might just be the best stroke of business you will have done since your last physical.



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HEARTBEAT

The Healthy Heart Recipes

TEATIME

Nothing quite like a cup of hot tea, freshly baked scones, and good conversation to transform an ordinary day into an occasion.

by Lillian Hatton

If your daily routine has been getting you down, why not invite some friends over for a stimulating chat? These occasions don't call for elaborate entertaining; low-fat nibbles and a hot beverage will suffice. Warm muffins, finger sandwiches, or savory spreads on whole breads are perfect companions to teatime. However, if you want to impress them with something a little different, whip up a batch of homemade, freshly baked scones.

Lemon Blueberry Scones combine the delicious and distinct flavors of blueberries and lemon that in addition to promoting heart healthy snacking, yield tender, moist baked goods. When it comes to texture and flavor, high-fiber scones are delicious. Serve them warm right from the oven with a low-fat spread or preserves.

Of course you can't have scones without tea; they are the consummate combination. Choose a quality tea brand, and follow correct brewing instructions to obtain the best results. Enjoying tea, scones, and good conversation is a terrific way to brighten your day.

♥ ♥ ♥

Tomato Tea Sandwiches
(Makes 4 dozen)

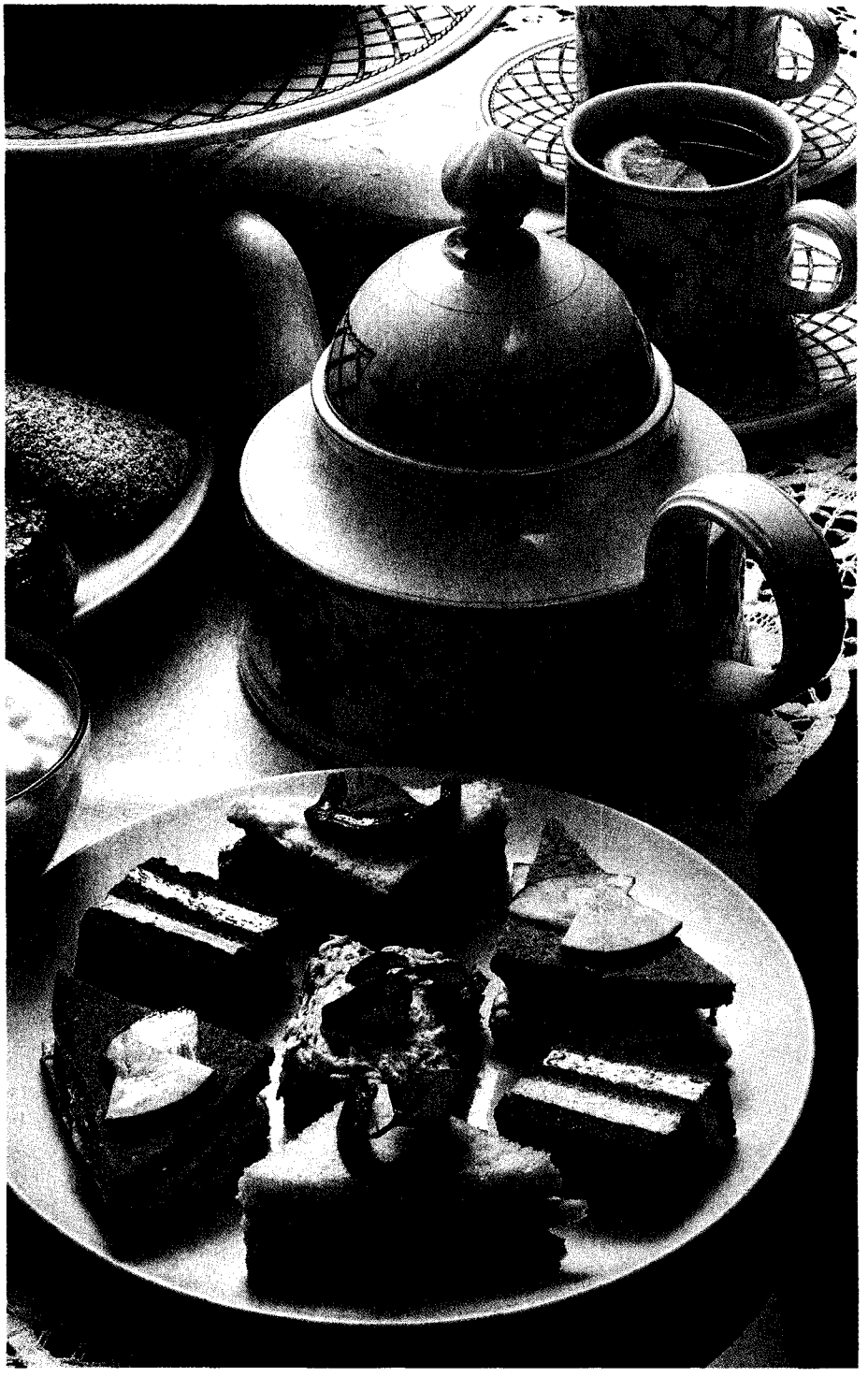
1½ cups no-fat sour cream
1½ teaspoons basil
24 slices thin whole wheat bread, each cut into two circles (about 2-in. each)
1 medium cucumber, sliced into 48 thin slices
24 cherry tomatoes, quartered

In small bowl, blend fat-free sour cream with basil. Evenly spread 1 cup mixture on bread rounds; top each with 1 cucumber slice, then ½ teaspoon remaining sour cream mixture. Garnish each with two tomato quarters.

Per serving:

Calories: 26	Carbohydrate: 5.0 gm
Cholesterol: 0 mg	Protein: 1.4 gm
Sodium: 47 mg	Fat: trace

Diabetic exchange: 3 sandwiches = 1 bread



Chicken Curry, Dilled Shrimp, and Tomato Tea finger sandwiches are easy to prepare, low-fat, and light—perfect for a midday snack.

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HEARTBEAT

♥ ♥ ♥

Mulled Tea

(Makes 20 3-oz. servings)

12 decaffeinated tea bags
2 quarts boiling water
2 tablespoons brown sugar
¼ teaspoon aromatic bitters
2 sticks cinnamon
⅛ teaspoon ground cloves
⅛ teaspoon ginger
1 unpeeled orange, sliced

Steep tea in water for 5 minutes. Discard tea bags. Stir in sugar, bitters, and spices. Simmer 10 minutes. Pour into heatproof punch bowl. Float orange slices on top.

Per serving (1 punch cup):
Calories: 11 Carbohydrate: 2.3 gm
Cholesterol: 0 mg Protein: 0.1 gm
Sodium: 4 mg Fat: 0.1 gm
Diabetic exchange: Free List item

♥ ♥ ♥

English Scones

(Makes about 12 scones)

1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon sugar
3 tablespoons margarine, softened
5 to 6 tablespoons skim milk

Preheat oven to 400°. In medium bowl, combine flour, baking powder, and sugar. With pastry blender or two knives, cut in margarine until mixture is size of small peas. Stir in milk to form a soft dough.

On lightly floured board, roll dough ½-inch thick; cut into 1½-inch circles with round cookie cutter. Place on ungreased cookie sheet and bake 10 minutes or until golden. Serve warm with margarine and assorted jams.

Per serving:
Calories: 56 Carbohydrate: 9.0 gm
Cholesterol: trace Protein: 1.3 gm
Sodium: 87 mg Fat: 1.6 gm
Diabetic exchange: ½ bread + ½ fat

♥ ♥ ♥

Festive Fru-Tea Froth

(Makes 20 6 oz. servings)

2½ cups boiling water
6 regular or decaffeinated tea bags
4 tablespoons sugar
1 tablespoon fresh lemon juice
4½ cups halved strawberries (about 2 pints) (fresh or frozen)
1 medium ripe cantaloupe, cut into thirds or 3¾ cup frozen melon balls
*7½ cups crushed ice**

In teapot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags. Stir in sugar and lemon juice; chill.

For every four servings, in 5-cup blender, combine ¾ cup tea mixture, 1½ cups strawberries, ⅓ cantaloupe and 2½ cups crushed ice; process at high speed until well blended. Garnish, if desired, with additional fruit.

* Substitution: Use 6 cups ice cubes (about 48). For every four servings, add 2 cups ice cubes (about 16),

continued on page 93

Throughout Britain, the daily ritual of "taking tea" wouldn't be complete without warm scones. Treat your special guests to English or Lemon Blueberry Scones.

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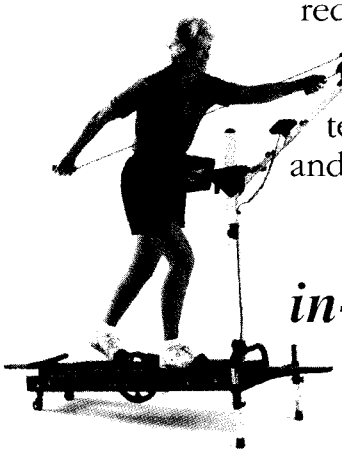

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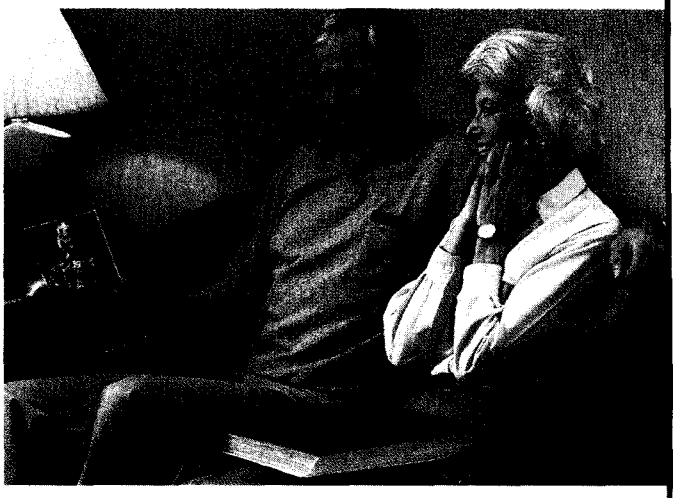

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THE NAME'S THE GAME

Be careful what and when you name your child, the consequences last a lifetime.

by Lewis Grizzard

Illustrated by Don Trawin

From a UCLA psychology professor comes a book titled *The Name Game: The Decision That Lasts a Lifetime*. It is published by National Press Books and will cost you $9.95 to have a copy of your very own.

I read about the book in my local newspaper, which costs me a quarter. These are tough times.

According to the report, Dr. Albert Mehrabian, the author, says children are often given names on a whim, instinct, family tradition, or as attempted humor.

Says Dr. Mehrabian: "You owe it to your children to select a name that will help them get through life and not handicap them."

Having a child soon?

What name should you select for the addition to the family that will help the little darling get through life without a handicap such as being named "Norbert" or "Ernestine"?

In his book Dr. Mehrabian offers the following list of names as the ones that best say, "This person is a success."

For girls: 1. Jacqueline 2. Katherine 3. Samantha 4. Victoria 5. Lauren

For boys: 1. James 2. Madison 3. Charles 4. Alexander 5. Kenneth

I can go along with these. There're Jacqueline(s) Bisset and Onassis. And, of course, Lauren Bacall.

Samantha Farnsworth won back-to-back Miss Collard Festival titles back home. Then there's Queen Victoria, Victoria Principal, and Victoria Station.

For boys there's Jesse James, who was a successful bank and train robber before he turned his back.

There're Prince Charles, Alexander the Great (no relation to Catherine), and my cousin Kenneth, a successful hunter and fisherman who showed me how to throw a curveball when I was eight.

I've never had any children of my own to name, but if I ever do, I want to take Dr. Mehrabian's advice and be very careful.

Here are some names I would avoid if I had a son: Norbert, Gunther, Seymour, Pig Face, Spiro, Sammy Joe Bob, Running Buffalo, or Gilroy.

For girls I'd stay away from Ernestine, Willamena, Clovis, Mavis, Nanci Jo, Anna Sue, Gourd Head, Darting Squirrel, or Oprylandria.

You are asking, "Oprylandria?"

I have a friend who is a teacher, and she swears there was a little girl in her class named Oprylandria.

When she asked the parents why such a name, they said it was because the child was conceived during a visit to Opryland. A sick attempt at humor, indeed.

God help the child if her parents had been visiting Little Rock.

I'm fairly satisfied with my own name, Lewis. That was my father's name, too, and he got it from his maternal grandfather.

It's no "James" or "Madison" or "Alexander," but my mother explained to me I was conceived in 1945 in a sleeping berth on a train.

So, had my own parents had the weird sense of humor of little Oprylandria's parents, I could have been named "Coal Car," "Sidetrack," or "Three Hours Late."

Another one of my cousins, "Motel 6," is a story I'll get to at another time.

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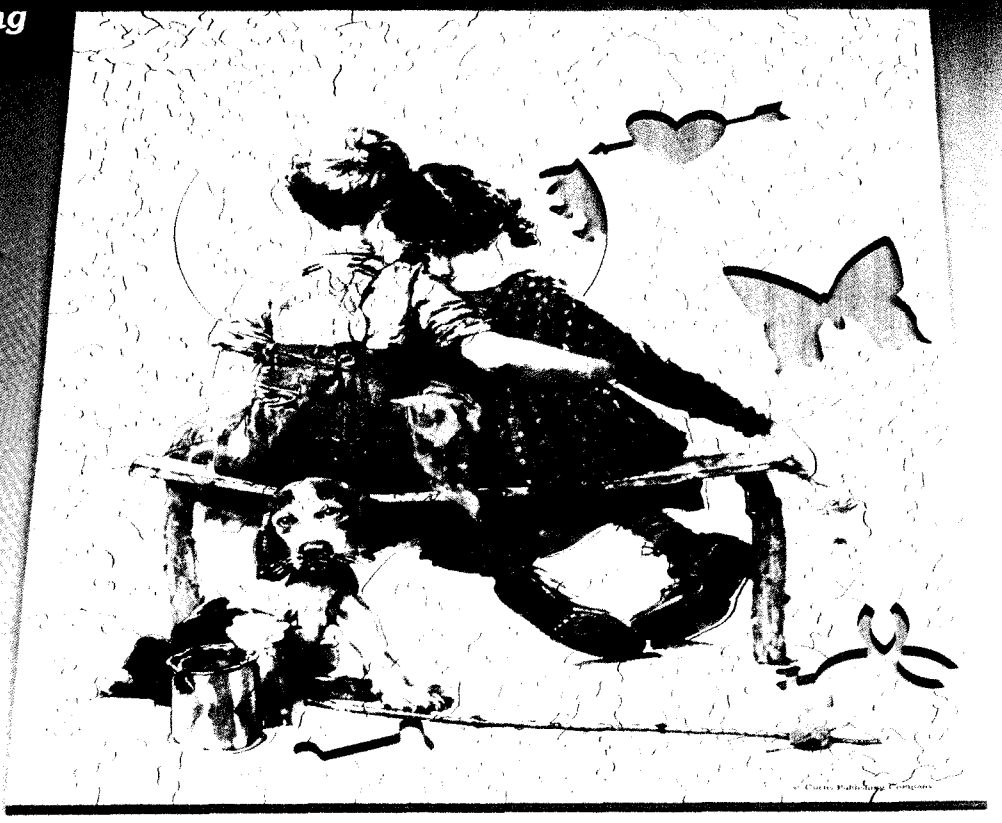

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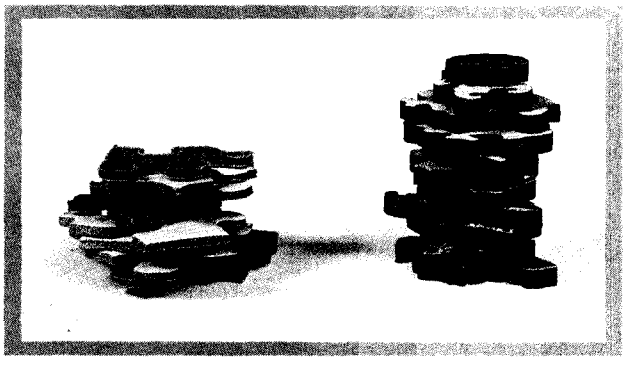

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HEARTBEAT

The Healthy Heart Report

TAKING WALKING TO HEART

A step in the right direction may help to arrest or even reverse the age-related degeneration of muscle fiber, circulation, and nerve activity.

by Casey Meyers

Illustration by Norman Rockwell

How old is "old"? According to a survey in *Modern Maturity*, when asked to define *old age*, people under 30 said 63 was old; people 40 to 49 said 70 was old; people 60 to 64 said 73 was old; and people 65 plus said 75 was old. Notice that, as people age, they keep moving the goalposts back. I am 64, fit, trim, and healthy; 73 sure doesn't look old to me, because it's only nine years away!

Old age must be viewed from two perspectives. One is simply the chronology of years; the second, but more important, is the functional-activity level of the individual. At 64, I have a higher energy level and am actually in better physical condition than when I was 32, sedentary, and 52 pounds heavier. I see this same disparity in almost every one of my walking clinics. Highly active 70- and even some 80-year-olds outperform sedentary 50- and 60-year-olds. Although they may be older in years, their eyes are brighter, their step is quicker, their balance is better, their energy level is higher, and their outlook on life is more upbeat. What gives them this edge when they are 20 years older? Exercise!

I don't mean just any exercise; I mean walking, and lots of it. As people age, the range of exercises they can and should do narrows considerably. Most older people, especially women, can't tolerate a high-impact exercise like running. Exercise walking becomes the most obvious choice for the older population. More than any other activity, walking conditions the aging exerciser's primary gait

From the book, Walking: A Complete Guide to the Complete Exercise, *by Casey Meyers, © 1992, reprinted by permission of Random House, Inc.*

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Canton, OH (Special) You can spend money for a Will only to have a substantial part of your assets needlessly taken by lawyers, courts and executors through the probate process.

Why should you avoid probate? Simple. It costs too much and takes too long. Probate also creates an "invasion of your family's financial privacy!"

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In fact, the only thing worse than a Will for the average wage earner is the nightmare created by no Will at all. Because then the State decides who gets everything you own.

Now there's a far better way to protect your estate than having only a Will. A new study reveals that a Living Trust is a low-cost alternative to probating a Will, even for an average sized estate.

Today you can eliminate costly, time-consuming probate and legal fees by using a simple legal paper called a revocable Living Trust. It avoids probate attorney, managerial and court fees because there is no Will to probate. Your family suffers no expense or settlement delays. And since a Living Trust is revocable, you can change your mind at any time about trustees and who gets your assets. Unlike a Will the estate goes at once to whomever you name -- in complete secrecy.

The many advantages of a Living Trust for the average-sized estate has been praised by estate planners and reported in financial publications like The Wall Street Journal, Business Week, Money, to name a few. You simply transfer all your assets into a Living Trust and name yourself or anyone you want as trustees.

Lawyers can charge an average of $60 for writing a Will -- and then can get up to 10% for probate. It's smart to set up a Living Trust.

Working with a team of legal scholars, DSA Financial Publishing Corp. of Canton, Ohio has prepared a Living Trust Kit designed so you can easily set up your own Living Trust. You'll get complete instructions written in easy-to-understand language, plus illustrated step-by-step forms. You also get complete guidelines on how to custom tailor your personal Living Trust so that any special wishes you may have for your estate are carried out.

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You'll learn what it takes to qualify, the types of reverse mortgages, how the monthly advance is calculated, options to consider, government agencies to assist you, where to apply for benefits--everything you must know from start to finish to gain an extra income for life.

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of locomotion so that he or she can continue to function in normal, necessary activities. Inability to take care of minimal daily personal needs is a major problem of aging.

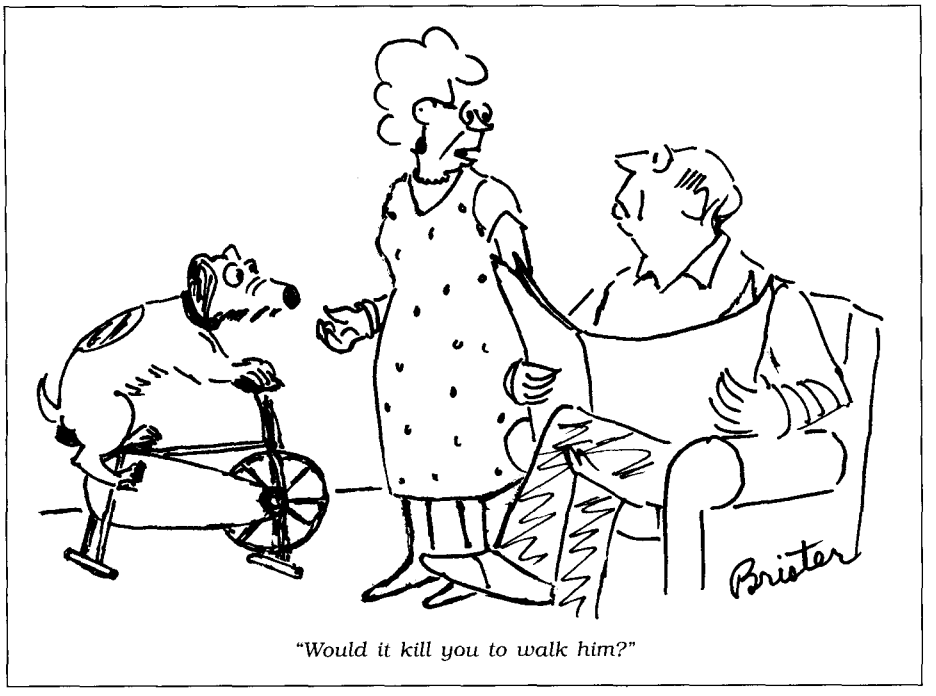
Many people in their 60s, 70s, and 80s who are sitting in wheelchairs in nursing homes have no specific ambulatory or orthopedic problems but have simply ceased to function. They have lost their ability to walk. Perhaps the term that describes this condition best is *progressive wasting of muscle tissue.* Dr. Steven Blair, director of epidemiology at the Institute for Aerobics Research, told me that he was discussing the aging population and its problems with Dr. Irwin Rosenberg, who used the term. Dr. Rosenberg is the director of the Human Nutrition Research Center on Aging at Tufts University.

Dr. Blair said that Dr. Rosenberg told him that this is a serious medical disorder and a national problem. Dr. Rosenberg believes that progressive wasting of muscle tissue is a condition requiring study and definition, and that ultimately it should be given a medical name. The well-known term *osteoporosis* evolved from this process. Drs. Blair and Rosenberg believe that many people can reverse the wasting-of-muscle-tissue problem by becoming active again. There is ample evidence to support their position.

The *University of California at Berkeley Wellness Letter* reported that many experts estimate that half the functional losses that set in between ages 30 and 70 is attributable to lack of exercise. When aging is accompanied by inactivity, it can result in declines on the following scales: (1) Muscle fiber is lost at the rate of 3-5 percent a decade after age 30, leading to a 30 percent loss of muscle power by age 60; (2) By middle age, blood vessels typically narrow by 29 percent. Between ages 25 and 60, the circulation of blood from arms to legs slows down by as much as 60 percent; and (3) The speed at which messages travel from the brain to the nerve endings decreases 10-15 percent by age 70. Although the foregoing occurs with inactivity and aging, regular exercise has been shown to inhibit, arrest, or even reverse such declines. It is time for you to take stock of your age and your exercise program (if you have one) to see if you are doing what's necessary to help stall the aging process. If you are over 65 and aren't exercising, you are becoming a prime candidate for a nursing home.

The *Wellness Letter* reported that, if you were 65 in 1990, you have a 43 percent chance of living in a nursing home later. As people age and their inactivity increases, they reach what Dr. Blair calls a "functional disability

continued on page 87



"Would it kill you to walk him?"

Walking Away From Strokes

It is not commonly known, but stroke is the third leading cause of death in the United States, after heart disease and all types of cancer combined. A stroke is a potentially fatal cutoff of the blood supply to part of the brain. When the blood supply to any part of the brain is reduced, the oxygen-starved cells in that area stop functioning properly. For those who survive a stroke and whose rehabilitation program has brought them to a stage at which only a slight to moderate disability remains, a regular exercise program will help increase functional capacity and lessen the chance of having another stroke.

Dr. Neil Gordon, director of research physiology at the Institute for Aerobics Research, warns: "Stroke is a *recurrent* disease, and if you've had one stroke you are five times more likely to have others. To put it another way, of the 62 percent of people who survive a stroke, about one quarter can expect to have a second stroke unless they do something to prevent it." This is one of the primary reasons he believes that you should start exercising when your formal stroke rehabilitation program is over—that is, if you can. Not every stroke survivor recovers enough to be able to exercise regularly.

In his book *Stroke: Exercising Your Options*, Dr. Gordon writes: "Moderate exertion several days a week is likely to greatly reduce the chances that you'll develop a second stroke or die prematurely from other various potentially chronic diseases." Just as important, exercise will help reduce your disability. Even though you may have to walk with a slight limp caused by irreversible neurologic impairment, you may be able to increase the distance you can walk, which reduces your degree of disability. If you are a stroke survivor lucky enough still to have a good, functioning walking gait, use it for all it's worth. It can be your ticket to a longer, healthier life.

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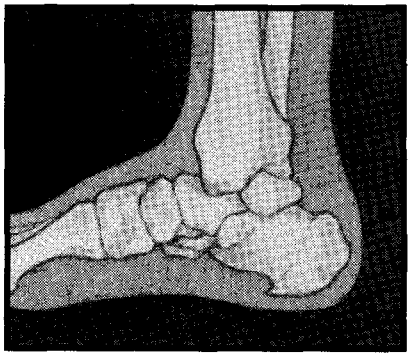

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ADVENTURES OF THE MIND

The State Of Mind That Promotes Wealth

By WALTER E. WILLIAMS

More than anything else, wealth results from a state of mind and a set of values. Government is not a source of wealth. Governments, including ours, are essentially parasitic: they consume and dispose of wealth produced by private individuals.

Of course, governments can make some people wealthier but only by plundering others. If we are truly concerned about the welfare of our fellow man, both at home and abroad, we had better pay greater attention to just what creates wealth.

Some believe national wealth depends upon natural resources because we just happen to be rich and simultaneously blessed with bountiful natural resources. South America and Africa are also blessed with bountiful natural resources but are home to the world's most miserably poor people.

Why Some Nations Are Poor

On the other hand, Japan, Hong Kong, Taiwan, Great Britain, and Switzerland are resource-poor but home to the world's more affluent people. Some will argue that Third World people are poor due to colonialism. Hogwash! The United States was a colony, and so were Canada, Australia, and New Zealand. Hong Kong still is a colony.

On the other hand, Ethiopia, Liberia, Tibet, and Nepal were never colonies but are home to the poorest of the world's poor.

We can't ever give a complete explanation of why some people and nations are wealthy while others are miserably poor, but we have a pretty good idea. At the individual level, we can all agree that being well off at least requires motivation, self-discipline, self-respect, honesty, and respect for others. All of these wealth-enhancing attributes are for naught unless, at the societal level, there is freedom of exchange, inviolability of private property, sanctity of contracts, and protection of the right to earn.

Tragically, these very institutions that permit the accumulation of wealth are a tyrant's first targets for takeover.

The role of private property is not understood well. Thus, we fall prey to charlatans and quacks with hidden agendas. Private property creates the powerful inducement for people to voluntarily behave in socially responsible ways. For example, since my home is privately owned I reap the complete benefit (a higher selling price) from taking good care of it. Anything that weakens private property rights, such as nationalization and high taxes, tends to reduce incentives to do the socially responsible thing.

Without Contracts

Contracts are the lubrication for economic activity and wealth creation. Without contracts, all economic activity collapses to day-by-day negotiation, and future activity commands a stiff penalty. Would you build a house, lend me money, or work for me if you could not be reasonably assured that I would honor the terms of our agreement?

When all is said and done, it is free people with free minds who account for the creation of wealth. Free people and free minds permit us to escape nature's stingy grip. Because of technological advance, one farmer's output can feed thousands. Computers save millions of hours, dollars, and perhaps lives. Plus, these valuable machines are getting cheaper and better all the time.

Name one thing that government does that's getting done cheaper. If you are not a staunch defender of free exchange, sanctity of contracts, private property, and the right to earn, then you are for impoverishment of your fellow man.

About the Author

Economist Walter E. Williams, a vigorous defender of "the moral superiority of the marketplace" in the tradition of Adam Smith and Thomas Paine, believes that only a "free and growing economy, unshackled by government intervention to the greatest degree possible" can offer true economic opportunity and hope to America's minorities. A professor on the faculty of George Mason University in Fairfax, Va., Williams holds a doctorate in economics from the University of California at Los Angeles. His books include, *The State Against Blacks*; *America, A Minority Viewpoint*; and *South Africa's War Against Capitalism*. Williams writes frequently for scholarly journals and popular publications and has appeared on such programs as Milton Friendman's "Free to Choose," William F. Buckley's "Firing Line," "Face the Nation," and "Crossfire."

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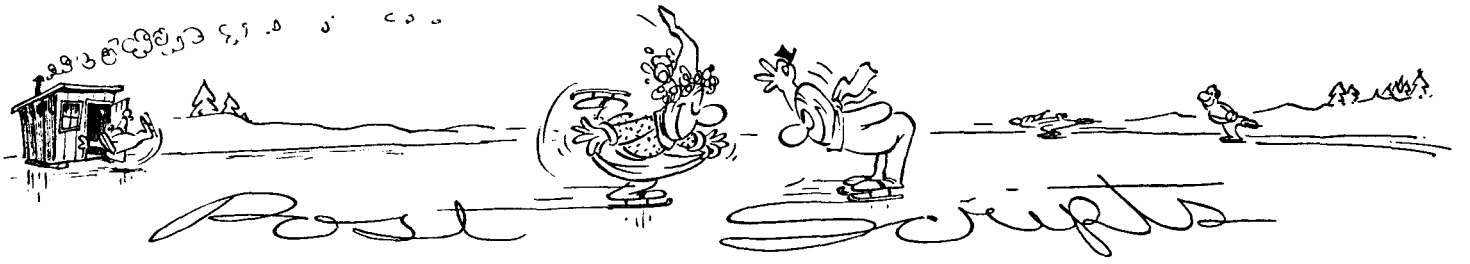


Please Hold the Line

He hesitates, then zigs and zags.
I'm filled with consternation
And mentally hoisting crimson
flags. . .
His car phone's in operation!

—Marie Daerr Boehringer

Faithful to the End?

Most of us enjoy watching
Football on our TV sets,
But the more I watch, the larger
My own end zone gets!

—Ruth M. Walsh

As I Say, Not As I Do

A mother scolded her youngster at the dinner table, "How often do I have to tell you to keep your eyes closed while your father is making the blessing?"

"Yes, mother," the youngster apologized, "but how do you know that I don't?"

—Henry Boye

Call a Spade a Spade

"Have you anything for gray hair?" an old man asked the druggist.

"Nothing but respect," the druggist replied.

—Martha J. Beckman

Maybe He'll Go Away

To improve your driving,
Here is a cue:
There's nothing like a police car
In back of you.

—William E. Morgan

Can You Believe It?

We're constantly amazed at these young things with their fancy hairdos and skin-tight pants. And the girls are even worse.

—Thomas LaMance

Charity Began at Home

A surprised clergyman was visited by a member of the tax department. "According to our records," the agent said, "a member of your congregation listed a $5,000 contribution to your church. Did he give that amount?"

"No, sir," the clergyman replied with a twinkle in his eye, "but he will!"

—Henry Boye

Dream of Being Debt Free

The average person's ambition these days is to be able to afford what he's now spending.

—Jeffrey Caulfield

The Chosen Few

The freeway traffic was fast, and I am
a bit distraught.
It's not just the indignation
From receiving the speeding citation,
But that I was the only one who
got caught.

—Henry Herbert Allen

Grace Under Pressure

When you feel angry or mad
Remember this one little thing:
Though up to its neck in hot water
A kettle always continues to sing.

—Jeffrey Caulfield

Those Hazy Golden Years

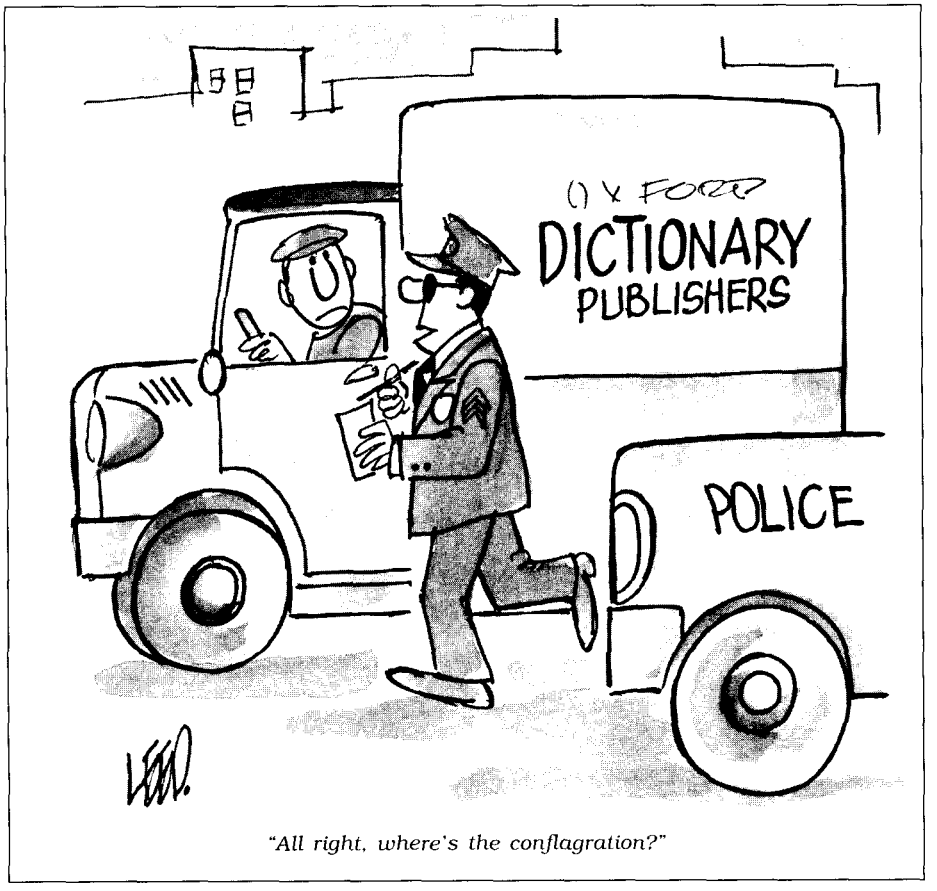
Memory loss has its consolations:
While some important matters I've
forgot,
I also don't tend to a lot of things
Which I anyway would have
rather not.

—J. J. Jacobs

Wisdom in Numbers

Why was Solomon so wise,
And so soft-spoken too?
Because he had so many wives
Who told him what to do.

—Olga McCoy



"All right, where's the conflagration?"

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A Matter of Perspective

A farmer drove his tractor to a hillside field where a patch of soft ground under one wheel caused the tractor to suddenly flip over. Miraculously, the farmer walked away from the accident.

After hearing the story, the farmer's wife commented, "Honey, I guess the Lord was with you."

The farmer rubbed his aching neck and said, "Well, if He was, He sure got a rough ride."

—Steve Koehler

It's a Man's World

The decision is mine,
It will always be thus;
The discussion is closed,
So why all the fuss?

A husband is boss,
A wife must obey;
So why can't I have—for once,
My own way?

—William E. Wessner

Wishful Thought

Would we could rid ourselves
of crime,
Of violence and mugging,
And start instead a swift outbreak
Of widespread love and hugging!

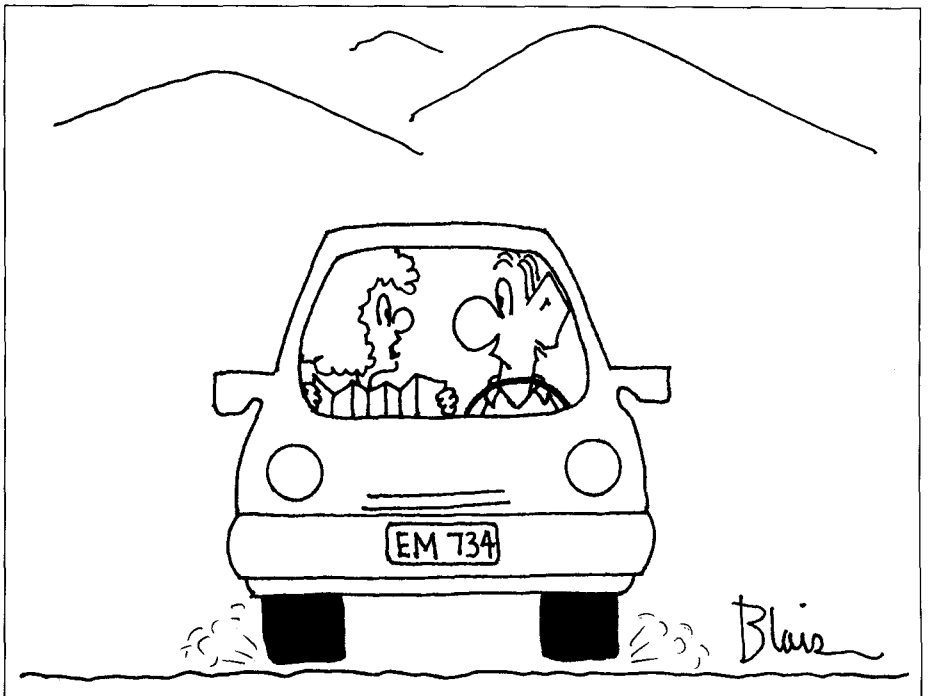
—G. Sterling Leiby

'Tis the Season

When the woman read about an 85-year-old marrying his 20-year-old secretary, she said to her husband, "I can understand what December sees in May, but what can May possibly find in December?"

The husband replied, "Christmas."

—JoAnn Ridings



"Better slow down. We're getting close to the edge of the map."

Please, Speak Up

What you hear is never as interesting as what you overhear.

—Frank Tyger

Not a Marriage of Convenience

Young father: "Remember, dear, you must cultivate patience because the hand that rocks the cradle rules the world."

Young mother: "Then you come right in here, my dear, and rule the world for a while. I'm tired."

—Thomas LaMance

There's a Payoff Too

What's the difference between a government bond and a man?

A government bond matures.

—Laurie Baker

False Finish

When someone wins an argument with the boss, the argument isn't really over.

—Sam Ewing

Supermarket Check-it-out

Think how dull and dreary
How barren and how bare
We'd find the time in cashier's lines
Without the tabloids there.

—Mary Mullen

Nico-Teen Fits?

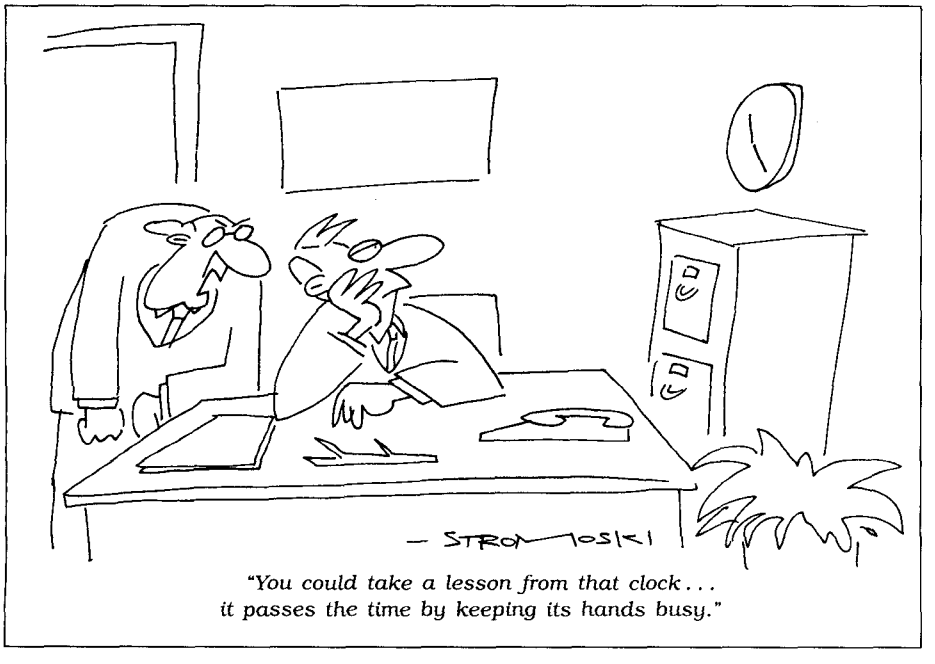
Remember when the greatest hazard
With which smoking was fraught
Was the dreaded possibility
Of getting caught?

—Ruth M. Walsh

Happier Than You Know

It doesn't take much to make me
happy,
and even less to make me unhappy.

—Ron Lauderbach



"You could take a lesson from that clock . . . it passes the time by keeping its hands busy."

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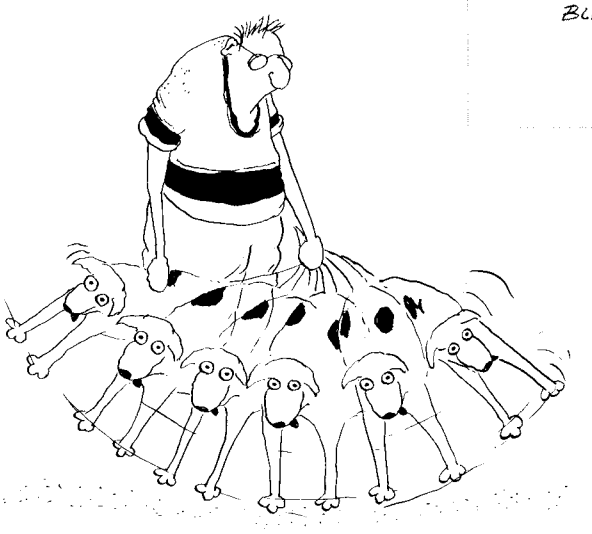
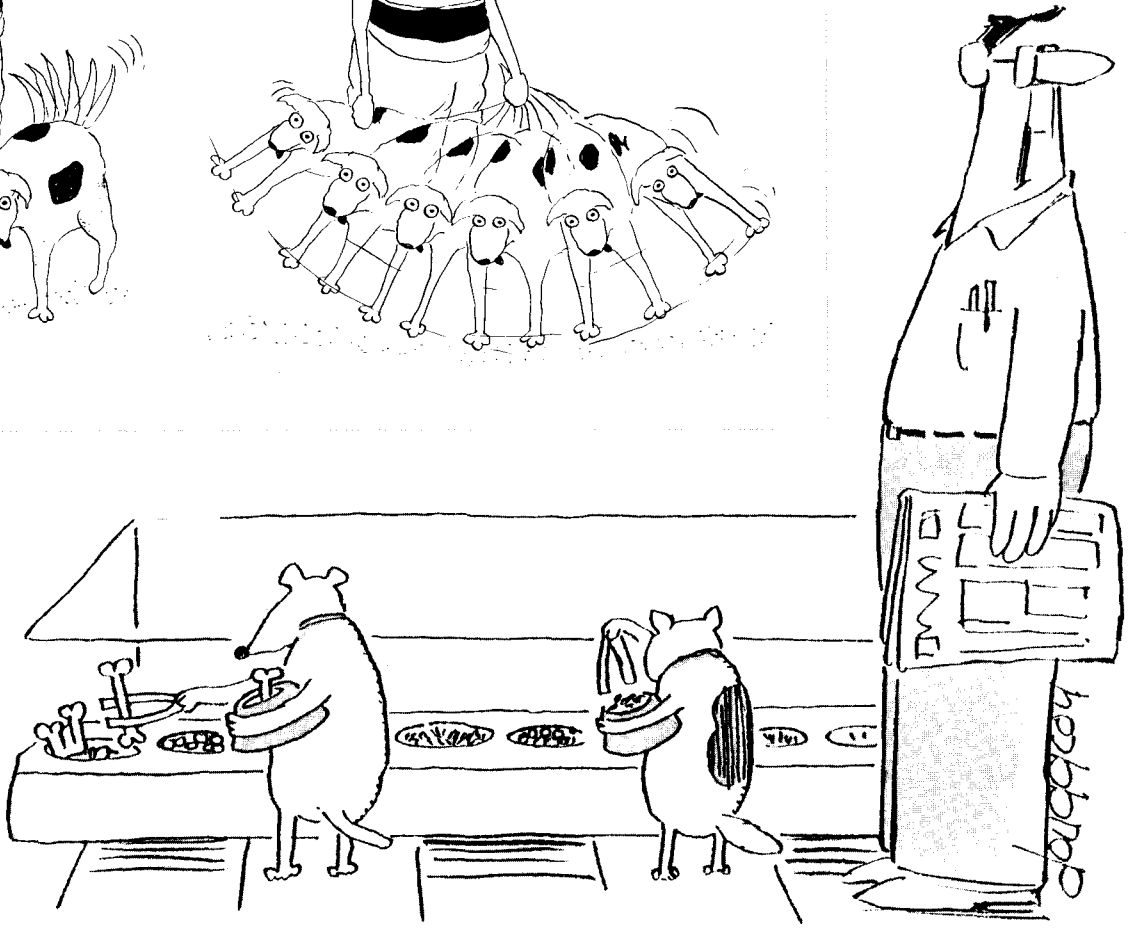
DOGGY DOINGS

"... It's not that he likes to watch me cut hair ... sometimes I'll nip off an earlobe or two ..."

"Hard to decide, isn't it?"





"Hey! How come I never got a buffet?"

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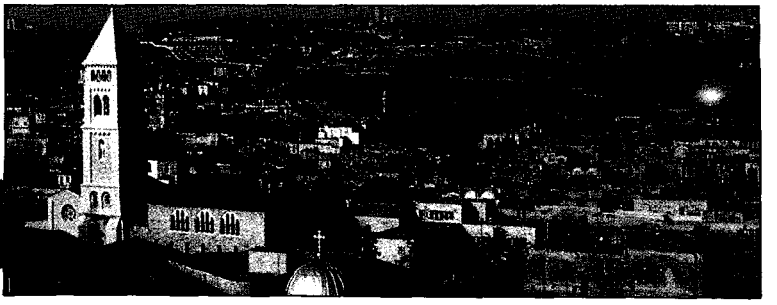

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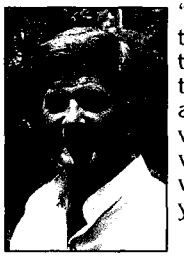

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Pat Boone

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THIS MORNING'S PAULA ZAHN

Commitment to a rigorous physical fitness regimen keeps this CBS co-host primed for today's competitive news game.

by Susan L. Silver

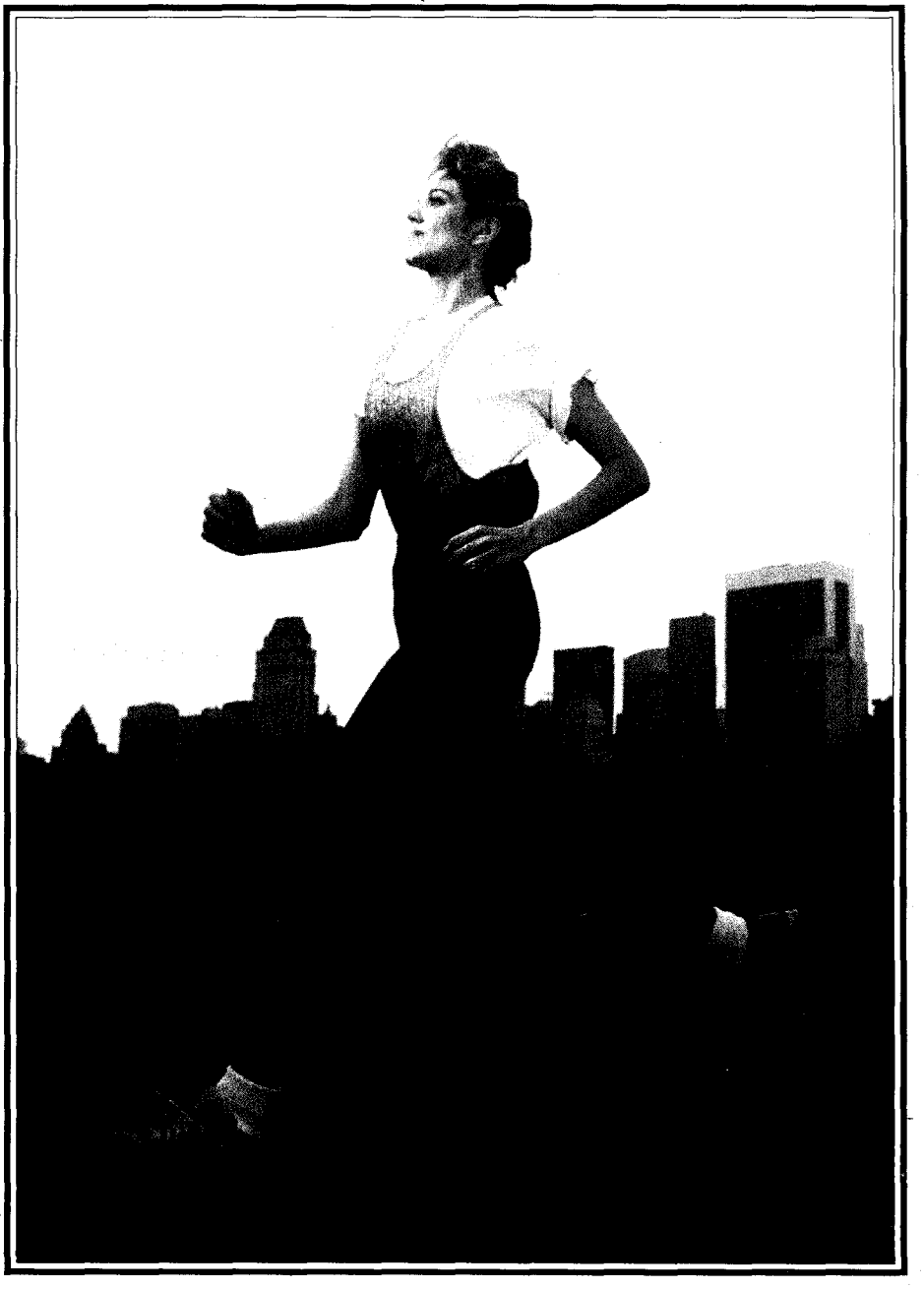
The blonde in the coral blazer samples some lasagna primavera left over from a cooking demonstration on the now-deserted set, heads to the ladies' room for a blouse change, and rushes back to the studio. Within a few minutes, she delivers a half-dozen flawless promos for tomorrow's show. "A typical day!" she says before sliding into a charcoal pinstripe jacket, having her cheeks dusted and her hair plumped, and taping a segment with actor Joe Pesci on his role in "The Public Eye."

Two hours of kaffeklatsch with her "CBS This Morning" co-anchor Harry Smith, newsreading, and animated interviews with everyone from political pundits to nightmare experts should have worn Paula Zahn down.

But growing up playing rough and tumble games with two athletic older brothers in her native town of Naperville, Ill., prepped Zahn to be a go-get-'em reporter. "You can't have two strapping older brothers and not play," explains Zahn. "I had a choice of playing with them or being left out of everything. So I learned to pitch at a pretty young age." Little did Zahn know that all the roughhousing would instill in her a sense of competitiveness and the ability to keep up with the grueling schedule that accompanies stardom.

After 13 years in the news business, Zahn became a household name last year when she co-hosted the Winter Olympics for two weeks live from Albertville, France, with sportscaster Tim McCarver. Her face and flair for sports were catapulted into millions of homes a night in prime time. "She's a skiier, she loves winter sports, and her personality really comes across on TV. We'd have hired her if she'd had green hair," says Michael Pearl, coordinating producer of the Olympics. "She met the challenge perfectly."

At 36, Zahn is as fit for the news game as any speed skater or cross-country skier in the Winter Olympics. And "CBS This Morning" capitalizes on Zahn's athleticism. She has been showcased in features of her skiing down Aspen Mountain with Andy Mill, horseback riding with the head instructor of the riding school at London's Hyde Park, and training with gold medal-winning speed skater Bonnie Blair in Colorado Springs. Like those athletes, her ostensibly effortless performance is dependent on physical discipline. "You have to be



"I really like to push myself," says Zahn, who competed in track and field events in junior and senior high schools. She was on the varsity golf team at Stephens College and was the first woman to play in the Houston Pro Am.

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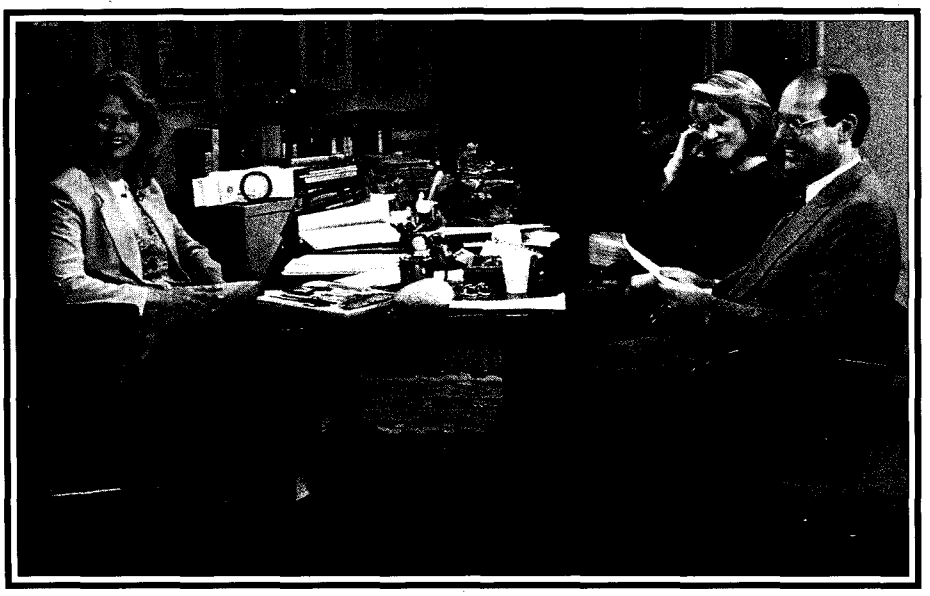

Will the *real* TV newswoman please stand up? Candice Bergen's Murphy Brown may have all the witty lines, but Paula Zahn has all the nitty-gritty experience. As a reporter she spent years chasing stories in Dallas, San Diego, Houston, Los Angeles, and Boston. Hooked on headlines, she carried a beeper and police radio in her car.

physically and mentally strong to keep up with this schedule," she continues, "and I have to be incredibly disciplined to stay in shape.

"I'd be dead without exercise," says the 5'9", 125-pound newswoman from a leather chair in her sun-streaked office. That's why she finds 45 minutes four times a week to jog three to four miles in and around Central Park, often accompanied on weekdays by her daughter, Haley, 3, whom she pushes along in a baby jogger—and on weekends by her husband, Richard Cohen. During really hectic times, they might head for the park and take her racing bike on a 35-minute spin or rollerblade.

On a typical day, Zahn's schedule includes a 4:15 wake-up; 5 a.m. session in the makeup chair, studying the editorial pages; 7-9 a.m. broadcast; promos and a daily radio show; 10 to 11 a.m. editorial meeting to plan the next day's program; quick afternoon commutes up to twice a week to catch out-of-town newsmakers; a couple of hours of evening homework; and 10 p.m. lights out. "It's unrelenting," she remarks. "I'm the kind of person who really has to focus in on something to perform. You can't do the job I do at CBS halfway; it's all or none," says Zahn, who marks her third anniversary on the show in February. "You have to absorb a lot of information quickly. It requires your total concentration. You have to be at the top of your game all the time." A partial lineup of past subjects includes Boris Yeltsin, Lee Iacocca, Yitzhak Rabin, Henry Kissinger, Germaine Greer, Fidel Castro, and Norman Schwarzkopf. And she is equally eager in a cooking segment to toss the fresh blueberries into the batter for fat-free muffins.

Her morning begins with a three-alarm blast from clocks set for 4:15 sharp. By the time she faces the camera at 7 a.m., she's read several newspapers and is prepared to exchange quips with such notables as Norman Schwarzkopf.

Despite the breakneck schedule she keeps, Zahn's performance has consistently scored high marks with colleagues. Barbara Walters first met Paula Zahn in 1988, when Zahn was co-anchoring ABC's "World News This Morning," filling in for Joan Lunden on "Good Morning America." She has remained a close friend and fan. "I remember telling Paula that she should leave 'Good Morning America' and take the jump to CBS," Walters recounts. "Not that I was against my own network, but I knew she had the intelligence, natural charm, and that wonderful smile that would make her a success. I admire her professionally and like her enormously personally." Others agree. "She's a top broadcaster in her age group, one to watch," says Erik Sorenson, who was executive producer of "CBS This Morning" when Zahn joined the team. He also had

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Zahn once walked away from a high-profile job on the West Coast to be closer to future husband Richard Cohen, based in Boston. Toddler Haley joins Mom, Dad, Beauty and Beast at MGM Studios.

She may not have realized it at the time, but her years as a cello major in college would come in handy after graduation. Here she makes beautiful music with Maestro Yo-Yo Ma.

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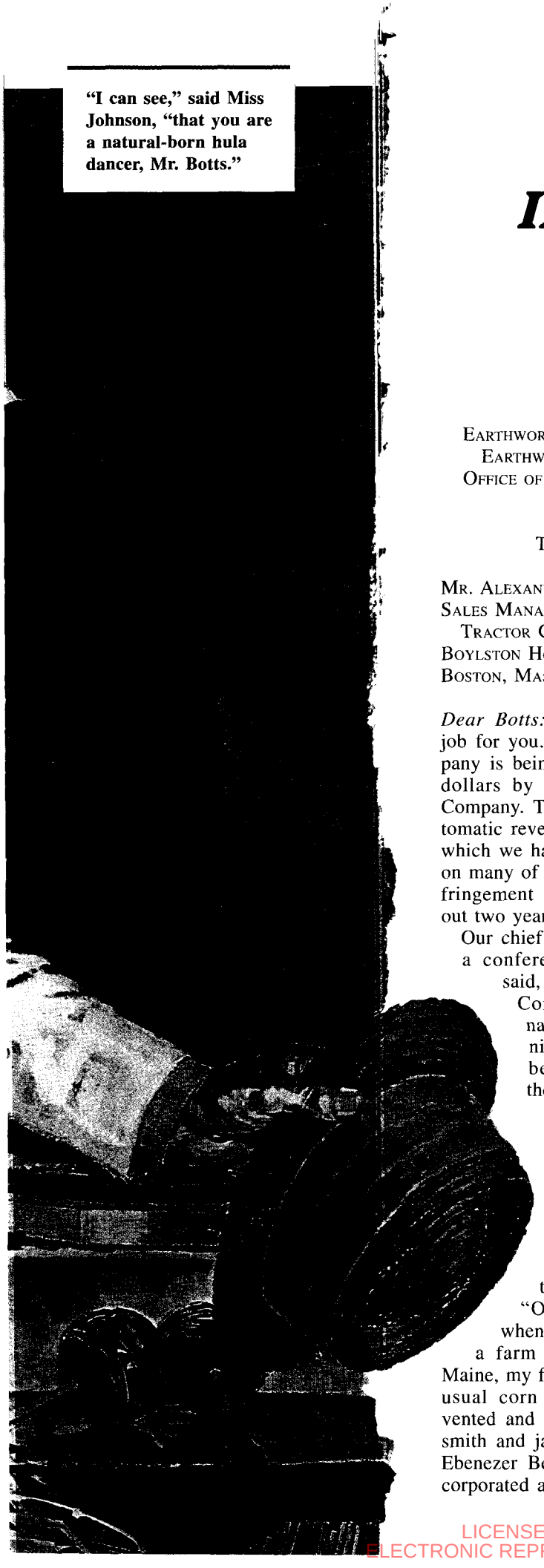

"I can see," said Miss Johnson, "that you are a natural-born hula dancer, Mr. Botts."

BOTTS IN THE ISLANDS

Why was the world's greatest salesman making a fool of himself at Waikiki Beach?

by William Hazlett Upson

Illustrated by Walter Skor

EARTHWORM TRACTOR COMPANY
EARTHWORM CITY, ILLINOIS
OFFICE OF GILBERT HENDERSON, PRESIDENT

Tuesday, March 1, 1960

MR. ALEXANDER BOTTS
SALES MANAGER, EARTHWORM TRACTOR CO.
BOYLSTON HOTEL
BOSTON, MASSACHUSETTS

Dear Botts: I have an important job for you. The Earthworm Company is being sued for ten million dollars by the Goodwill Tractor Company. They claim that the automatic reverse-ratchet mechanism, which we have recently introduced on many of our machines, is an infringement of a patent they took out two years ago.

Our chief engineer disagrees. At a conference this morning he said, "The Goodwill Tractor Company did not originate that ratchet mechanism. It was in use long before they took out their patent."

"If," said our chief attorney, "you can prove prior public use of this device, the patent will be void and we'll win the suit."

"That's easy," said the chief engineer. "Over fifty years ago, when I was a small boy on a farm near North Bohemia, Maine, my father owned a very unusual corn harvester. It was invented and built by a local blacksmith and jack-of-all-trades named Ebenezer Bean. This harvester incorporated a device exactly similar to our ratchet mechanism."

"Was it ever patented?" I asked.

"Probably not," said the chief engineer. "The harvester was a sort of homemade contraption—the only one of its kind ever produced. But I can swear it contained the exact ratchet mechanism that the Goodwill Tractor people think they invented."

Our attorney was pessimistic. "I don't question your accuracy," he said, "but an opposing lawyer could knock your story full of holes. He could point out that you are an interested party, and that this is a mere boyhood memory of more than fifty years ago. We've simply got to have something more tangible."

"Listen," I said, "I was reared on a farm. I know that farm machinery—when it's worn out—is often abandoned here and there in fence corners and elsewhere. If we could locate that old machine and bring it into court with evidence showing it is older than the patent, would that be what you call more tangible evidence?"

"Certainly," said the attorney.

"Very good," I said. "Alexander Botts is now in Boston. I will instruct him to go up to North Bohemia, Maine, to conduct an intensive search, and to spare no expense until he either locates that machine or is convinced it no longer exists. And in the meantime I want you, as our attorney, to explain this entire situation to the court and ask for a postponement of the suit."

"I will do that," said the attorney.

This is your big chance, Botts. You are in a position to save the company ten million dollars. I enclose a drawing of the ratchet mechanism so you may know ex-

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actly what you are looking for. I shall be depending on you.

Most sincerely,
GILBERT HENDERSON

IMPERIAL HAWAIIAN HOTEL
WAIKIKI BEACH
HONOLULU, HAWAII

Tuesday, March 8, 1960

Dear Henderson: It occurs to me that you may be surprised and even worried to find that I am in Honolulu rather than in North Bohemia, Maine. I will therefore try to give you an explanation which I hope will satisfy you.

Your recent letter reached me last week in Boston under most unusual circumstances. I had checked into the hotel. I had received my mail. And I had just finished reading your letter when the hotel manager, who is an old friend of mine, met me in the lobby, gave me a searching look, and started a conversation which turned out to be so important that I will give it to you in full. The manager said, "Mr. Botts, you should take better care of your health. You are not well."

"I do have a cold," I admitted.

"In your present obviously run-down condition," he said, "this cold may develop into pneumonia or some other malady even more serious."

"Don't worry about me. I've never had any serious diseases."

"There is always the first time. You have been working too hard, Mr. Botts. What you need now is a long vacation on some sun-drenched tropical island."

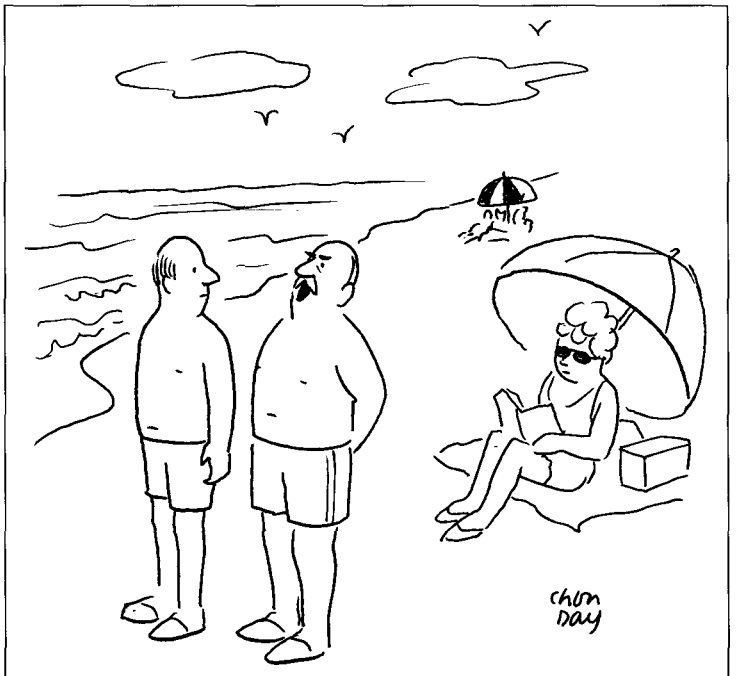
He took me across the lobby to a travel agency whose walls were decorated with posters showing blue waters, white beaches, and green palm trees. There were also beautiful planes, beautiful ships, beautiful hotels, and beautiful women.

"All this is very tempting," I said. "It is true that I am overworked. I need a rest. But I have here a letter from Mr. Henderson, the president of our company, directing me to go to a place called North Bohemia, Maine, to work on a highly important project."

"Is there any hurry about this?"

I looked over your letter, Henderson. "There is nothing here," I said, "that specifically urges haste."

"Then why subject yourself to the cold and clammy climate of North Bohemia, Maine? Why not enjoy the balmy breezes of Bermuda or Puerto Rico, or Jamaica, or even Hawaii? Why not loll in the sunshine until you have improved your physical condition to the point where later on you can do a really superior job on this project?"



"This isn't a vacation . . . a vacation is what my employees back at the office are having."

I could feel myself beginning to waver. On a table were many pamphlets with pictures like those on the posters—blue waters, white beaches, green palm trees. There were beautiful planes, beautiful ships, beautiful hotels, and beautiful women.

Carefully I studied the situation. For a long time I was undecided.

Then suddenly I made up my mind. The path of duty led unmistakably to a tropical island. I decided on Oahu in the state of Hawaii. Being a man of action, I lost no time in purchasing plane tickets. And two days later I arrived here in Honolulu.

The wisdom of this decision is already apparent. After less than a week of delightful Hawaiian sunshine my cold has completely disappeared. And I would have been already on my way back to the mainland except for a chance conversation with the manager of the hotel here. As this conversation turned out to be as important as the one I had with the manager of the hotel in Boston, I will give it to you in full.

"Mr. Botts," said the manager of the Imperial Hawaiian Hotel, "you are the picture of health. It is remarkable what a few days of rest have done for you."

"Yes," I said. "Very soon I shall be going back to work."

"That would be a serious mistake, Mr. Botts. You should continue your rest cure for at least a month. You should build up your strength and your resistance to disease. If you go back to work now, you are almost sure to suffer a relapse."

"But I'm tired of resting," I said. "I can't sit around and do nothing indefinitely."

"Of course not, Mr. Botts. The most effective rest cure is not idleness—it is a complete change of occupation. Do I understand that you are in the tractor business?"

"Yes," I said. "I am the sales manager of the Earthworm Tractor Company of Earthworm City, Illinois."

"Then your course is clear, Mr. Botts. For the sake of your health and for the ultimate well-being of your company and its sales department, you must for the time being forget all about tractors. You must forget all about selling. And you must engage in a totally new and different round of activities."

"Like what?" I asked. "What activities would you suggest?"

"I can arrange everything," he said. "I can sign you up for lessons in swimming, in surfboard riding, in the management of outrigger canoes or in any other type of physical activity. I can procure tickets for a great variety of lectures. I can arrange to have you enrolled at the University of Hawaii for courses in the geology of the islands, the migrations of the Polynesians, to say nothing of an unusually fine special course in the history of the reign of King Kamehameha the Great. You can also study the early activities of the New England mis-

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sionaries and countless other fascinating subjects."

"Well," I said, "your program sounds interesting, but I am not sure——"

"Come with me," said the manager. He took me down the hall and through door with a sign: HOOLAULEA DANCE STUDIO. He introduced me to a young lady. "This is Miss Johnson," he said. "She is descended from a long line of Polynesian dancers. She will be very happy to sign you up for a series of lessons in the hula."

"I can see," said Miss Johnson, "that you are a natural-born hula dancer, Mr. Botts. A man like you, who is strong, virile, and mature is always more satisfying to work with than a callow youth."

To this flattery, I naturally paid no attention. I merely turned to the hotel manager and said, "I am beginning to realize that what I need is exactly the sort of program you have been talking about. I think I will sign up at the university for a few of those courses in geology and history."

"How about the hula lessons?"

"Well," I said, "I might do that too."

It was in this way, Henderson, that I decided to stay here a little longer than I had intended. But I can assure you that everything I am doing will contribute to the improvement of my health, and that the final result will be for the benefit of the Earthworm Tractor Company.

I want to remind you of your instructions that I "spare no expense," and I would suggest that you advise the comptroller to pass without question all of the more unusual items on my current expense account, particularly the rent on my penthouse apartment in this hotel and my tuition at the University of Hawaii and at the Hoolaulea Dance Studio.

With all best wishes,

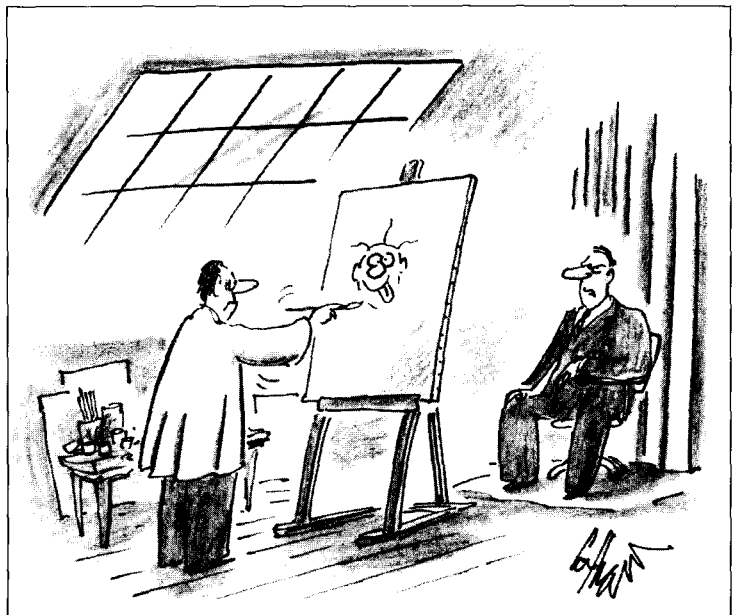
ALEXANDER BOTTS, Sales Manager
Earthworm Tractor Company

EARTHWORM TRACTOR COMPANY
EARTHWORM CITY, ILLINOIS
Office of Gilbert Henderson,
President

Monday, March 14, 1960

Dear Botts: When I told you to "spare no expense," I was referring to the cost of locating the ratchet mechanism. Such being the case, I am instructing our comptroller to disallow all your Hawaiian expenses. I am astounded that you should expect to be paid for this totally unnecessary trip. And I am even more astounded at your shocking neglect of the important mission I assigned you.

Naturally I did not expect you to go to North Bohemia if you were too worn out to stand the strain. But why didn't you send someone else? Or why didn't you notify me at once so I could have taken action before it was too late?



"Of course, for a little more money I could probably have gotten some big-name portraitist."

As a matter of fact, I got busy as soon as I received your tragically delayed message. I ordered the company plane. I flew to North Bohemia, Maine. Here I located a man about sixty years old named George Bean—the son of Ebenezer Bean, who died many years ago.

As long as you have seen fit, Botts, to introduce into your recent letter no less than two long and tedious conversations with a couple of hotel managers, I will now repeat for your benefit the very interesting conversation I had with Mr. George Bean.

"Mr. Bean," I said, "I understand that your father, Ebenezer Bean, was a blacksmith?"

"Yes."

"He was also an inventor?"

"He was, always figuring out and building various mechanical contraptions—posthole diggers, improved maple-sugar evaporators, mowing machines, and I don't know what all."

"Did he by any chance ever make a corn harvester?"

"Yes. It was about 1910, when I was ten years old. I remember it well."

I showed him a drawing of the ratchet mechanism. "Did your father's corn harvester have anything on it that looked like this?"

"Exactly the same."

"This was the only corn harvester your father ever made?"

"Yes."

"Did he ever make any other machines that used this ratchet mechanism?"

"Not that I know of."

"What did your father do with the harvester?"

"He sold it to a farmer out in the country somewhere."

"Do you think the machine is still there?"

"No. It broke down after a few years. The farmer brought it back, but my father died before he could repair it. Nobody else wanted to bother with it, so it was dragged out along with a lot of other junk into an old shed behind the blacksmith shop. That's where I found it last week."

"Mr. Bean," I said, suppressing my natural excitement, "I want to see that machine."

"I'm sorry. You can't."

"Why not?"

"It's not there anymore."

"That's a very funny thing," he said. "The old harvester had been there over forty years without anybody taking any interest in it at all. Then last week a couple of men came around asking about it. And now you're here. What's going on?"

"That's what I want to know," I said. "You say there were a couple of men asking about this machine last week? Do you know who they were?"

"Sure. One of them was the Goodwill tractor dealer from Portland."

"And what did he want with the

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MEDICAL MYSTERY

THE RED BARON

The doctor had no reason to suspect that the patient was other than what he seemed, a young man in need of immediate medical treatment.

by Lawrence Martin, M.D.

Illustration by J. C. Leyendecker from June 11, 1904, cover of The Saturday Evening Post

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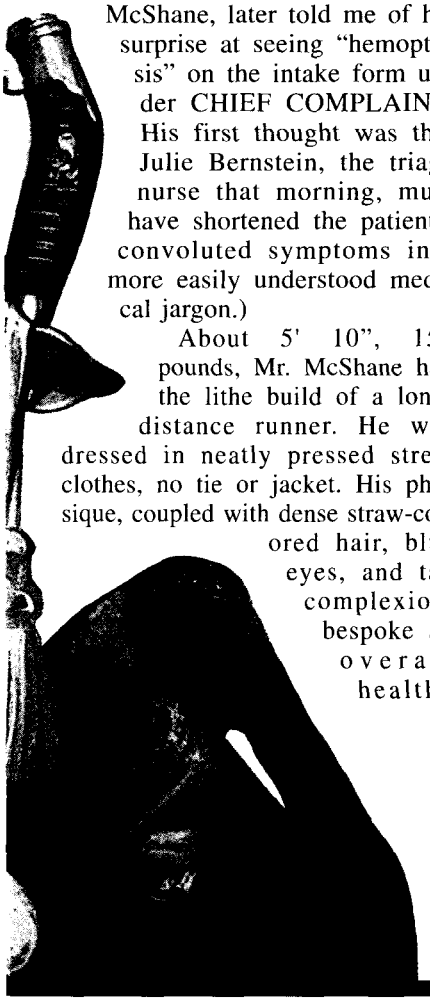
When Joseph McShane, 38, came to our emergency department (ED) one Monday in April 1990, his complaint was coughing up blood. "I have hemoptysis and severe pain." Right away this was unusual. Patients don't use medical terms unless they are medical professionals, or their disease is chronic and they have learned the lingo of their illness. Mr. McShane drove himself to the hospital and was in no distress despite his pain, so the hemoptysis was not considered life threatening.

Except for the most critical patients, who are whisked by ambulance attendants directly into the treatment room, ED patients are asked to state their complaint to a triage nurse. She (or he) is trained to write down the response verbatim, no editing, along with the patient's blood pressure and pulse on an intake form.

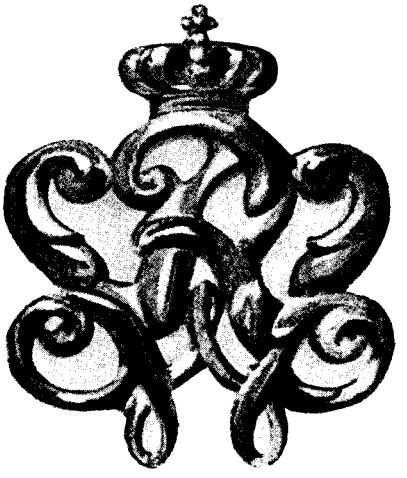
(Roger Bennett, the ED physician who first evaluated Mr. McShane, later told me of his surprise at seeing "hemoptysis" on the intake form under CHIEF COMPLAINT. His first thought was that Julie Bernstein, the triage nurse that morning, must have shortened the patient's convoluted symptoms into more easily understood medical jargon.)



About 5' 10", 150 pounds, Mr. McShane had the lithe build of a long-distance runner. He was dressed in neatly pressed street clothes, no tie or jacket. His physique, coupled with dense straw-colored hair, blue eyes, and tan complexion, bespoke an overall healthy appearance. Looks can be deceiving, of course, and no one who recently coughed up blood can be considered in good health, at least not until the problem is resolved.

"Hello, Mr. McShane, I'm Dr. Bennett. What happened?"

"I woke up this morning and felt OK initially. Anyway, I went to the bathroom and felt some pain right here (pointing to his left lower chest), then something in my throat, like a lump. Then I coughed up a half cupful of blood. I got scared.



I'm from out of town, here visiting my sister, so I don't have a local doctor. Instead I drove right to the hospital. I've had this hemoptysis before, so I knew what was happening and what to do about it." (Yes, that's exactly what he said; at that point Dr. Bennett silently exonerated his triage nurse.)

"Oh? Where? When did this happen to you before?"

Mr. McShane provided a reasonably cogent medical history. He told of two previous admissions to Mercy Hospital in his hometown of Atlanta, six months apart, each lasting several days. He had undergone all sorts of tests during each hospitalization. He produced a typewritten letter on Mercy Hospital stationery, dated Dec. 15, 1989; it was signed in longhand.

To Whom It May Concern:
Mr. Joseph McShane was in Mercy Hospital August 1989 with acute pulmonary embolism. His lung scan is abnormal and diagnostic of pulmonary embolism. For acute attacks he received heparin and Coumadin. He can have severe pain with this problem. This letter is being given to him in case he travels out of Atlanta.
Signed, Dr. Howard Lee

Pulmonary embolism (PE) occurs when blood clots form in the leg veins, break off and travel to the lungs. PE can cause chest pain and hemoptysis. Heparin and Coumadin are blood thinners used to prevent more clots from forming and potentially killing the patient. Heparin is given by vein in the hospital, as soon as pulmonary embolism is diagnosed. Coumadin is an oral blood thinner used for outpatient therapy.

After, reading Mr. McShane's letter, Dr. Bennett asked: "Is Dr. Lee your regular treating physician?"

"Yes. Since the last time I was in the hospital. The first time I had another doctor and she just diagnosed bronchitis. Gave me antibiotics, which probably did no good. I think she missed the diagnosis altogether. Then I got the same symptoms again, and thank goodness for Dr. Lee, he diagnosed the problem. No doubt, he said. Pulmonary embolism."

"How long did you take the Coumadin?"

"In the hospital they gave me heparin and also Demerol for the pain. After a few days the pain went away, and I didn't need Demerol anymore. All together I took Coumadin about six months, between 5 and 7.5 milligrams a day. This dose kept my prothrombin test (a measure of proper blood thinning) in the therapeutic range."

"What kind of work do you do?" Dr. Bennett thought Mr. McShane might be a nurse or hospital worker, given his apparent grasp of medical terminology.

"I'm a computer salesman. But I'm here on vacation, visiting my sister and her family."

Mr. McShane's physical examination was normal except for two findings. He had a fast pulse, a common abnormality seen in a hundred different conditions, including ordinary anxiety. A fast pulse is like a fever; it generally means something's wrong, but the cause could be just

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about anything. Mr. McShane's electrocardiogram was negative except for displaying the fast heart rate.

The other abnormality was pain in his left lower rib cage whenever he tried to take a deep breath. We always ask patients to 'take a deep breath' when we listen to their lungs. He could not. Midway through a deep breath he would wince, grimace, and stop. Doctors call this sign "splinting" because the chest cage is splinted by pain—the patient cannot fully expand it. The cause is usually pleuritis, which is inflammation of the lining of the lungs (the pleura).

The next test obtained in the ED was a chest x-ray. The x-ray machine is kept in a small room just off the side of the main examining area. About a minute after his x-ray was taken, and before he could put his shirt back on, Mr. McShane coughed up a hunk of bright red blood. Having no towels or sink nearby, he coughed the red glob into his shirt. Alarmed, the x-ray technician called for Dr. Bennett to come take a look. Dr. Bennett looked, then paged me.

I was in the ED 10 minutes later. Mr. McShane was holding his side, wincing, in apparent pain. I introduced myself.

"Dr. Bennett told me a little of your history. Are you in a lot of pain?"

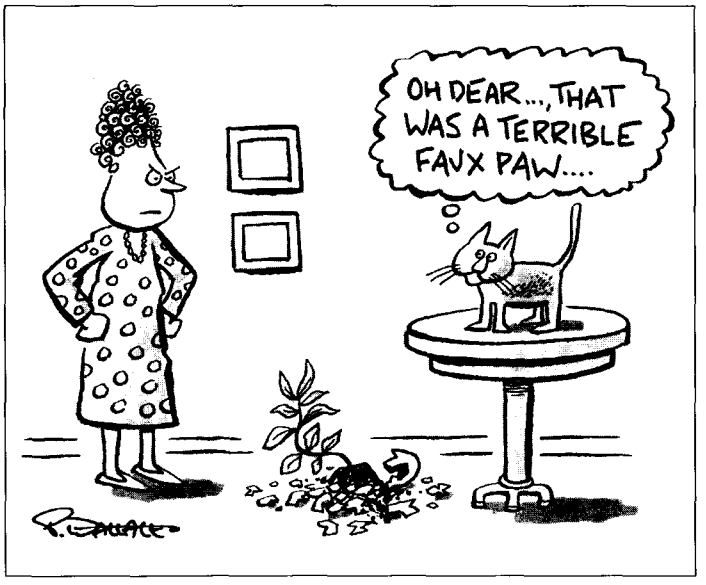
"Yes, Dr. Martin, I am . . . could I have something for the pain?"

I checked the record. He had been in the ED about 35 minutes and had not received anything for pain, which was apparently becoming more severe and frequent. I ordered an injection of Demerol.

I learned that he did not smoke or drink alcohol and had no obvious risk factors for pulmonary embolism (such as chronic heart disease, a history of prolonged immobility, or any clotting disorder). He was married and had two children, all back home in Atlanta. He had come to the ED alone, he said, and asked that we not call any family members about his condition. He did not want to worry anyone. Such a request is not unusual and is routinely honored unless the patient is in critical condition.

I formally admitted him to the hospital on my service. Naturally, my first thought was that he had suffered another pulmonary embolism. The sudden onset of coughing up blood and chest pain practically equals pulmonary embolism until proven otherwise. Because the treatment is not easy (long-term blood thinners are tricky to manage), physicians are obligated to prove the diagnosis with some certainty; this is accomplished using one or more tests.

His chest x-ray was normal, which is a common finding in pulmonary embolism. Clots and inflammation usually cast no shadow on the chest x-ray, unlike pneumonia, which always shows up as a shadow on the x-ray film.



I next ordered some blood work, then sent him for a lung scan. A lung scan is the basic screening test by which doctors diagnose pulmonary embolism. Radioactive material is injected into an arm vein and them imaged by a scanner placed over the patient's chest; emboli in the lung show up as holes or defects in a sea of radioactive dots.

During the hour it took to complete the lung scan, I wondered how we were going to diagnose a new lung clot in a man who already had old clots. The scan would be abnormal, for sure, but it would be difficult to separate new clots from old. Oh, well, I reasoned, it probably didn't matter. Anyone who has a pulmonary embolism once can have it again, and coughing up blood is reason enough to resume treatment. I would have to put him back on his blood thinner, this time for an indefinite period.

Suffice it to say that Mr. McShane's lung scan turned out normal, pretty much ruling out pulmonary embolism.

I next arranged for an ultrasound study of his legs. This is a sophisticated test that can actually visualize clots in the leg veins by sending sound waves through the skin and checking how they bounce back from veins deep within the thighs. An abnormal bounce can reveal clots in the thigh veins, and these clots are the origin of most pulmonary emboli.

A diagnostic ultrasound study, i.e., one showing clots in his thigh veins, would suggest the clots were about to break away; if that were the case, perhaps some clots had already traveled to his lungs and caused his chest pain and hemoptysis. This would be highly unusual given the normal lung scan, but I was fishing. True, he had no leg pain or swelling, but half the patients with leg clots have no symptoms. Finding clots in his legs would be sort of like diagnosing pulmonary emboli by proxy, especially because treatment is the same as for clots in the lungs.

But the ultrasound test also was normal.

By now Mr. McShane had been at Memorial more than eight hours, and it was late afternoon. I had no more tests planned for his first day of hospitalization. Before leaving I went to see him again.

"So far your tests are normal. They suggest you don't have pulmonary emboli. That's the good news."

"And the bad news, Dr. Martin?"

"Well, there really is no bad news, except that I don't know why you are coughing up blood again. You said they diagnosed pulmonary emboli last year in Atlanta?"

"Yes, that's right. My doctor was Dr. Howard Lee, Mercy Hospital. You saw his letter. My lung scan showed pulmonary emboli, and they were fairly certain of the diagnosis."

"I'd like to do a bronchoscopy tomorrow morning. I believe you had that procedure in Atlanta, right?"

"Yes, the first time I was hospitalized, not the second time. The first time is when they said the problem was just bronchitis. It's not the most pleasant test, but if you have to do it,

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I'm ready. Nothing to eat or drink after midnight, right?"

"Right." This guy certainly knew the protocol.

My beeper went off about a half hour later, as I was preparing to leave the hospital. It was Mr. McShane's nurse.

"Dr. Martin, can you come up? Mr. McShane just coughed up a whole lot of blood."

"OK. Please check his blood pressure and pulse and put him on two liters of oxygen. I'll be right up."

My patient was sitting in his bed, holding a curved plastic basin full of blood. I estimated at least 30 cc's, or about 2 ounces were in the basin. There was also a little bit of blood over his chin and lower lip. He appeared apprehensive, his face contorted in pain, and his pulse rapid at 120/minute. A quick exam of his lungs and heart revealed nothing new.

"How do you feel? Do you have any chest pain?"

"Yes," he said quietly, with little complaint in his voice. "It came on just before the hemoptysis, all of a sudden. I'm sorry to bother you, Dr. Martin."

"Nonsense," I replied. "That's what we're here for. However, I think I should send you to the intensive care unit and do the bronchoscopy now, instead of tomorrow. I need to know the site of bleeding. You might end up requiring surgery, and for that we need to know where the blood is coming from."

I ordered another injection of Demerol and set in motion his transfer to the ICU. With the supper time delay in transport, it took another hour before Mr. McShane was settled in MICU and the bronchoscopy could start. By then the Demerol had worked and he was calm. I also ordered an injection of a sedative to relax him.

The bronchoscope allows physicians to look inside the lungs, much as gastroenterologists look into the stomach and intestines with an endoscope. Both techniques employ a thin fiber-optic device that is a marvel of engineering. The bronchoscope is much smaller than a gastrointestinal endoscope, only six mm wide (about ¼ inch), two feet long and quite flexible.

We pass the bronchoscope through the mouth or nose and then into the lungs. By looking through the bronchoscope, we can usually tell the site of bleeding as long as it has been recent (as Mr. McShane's was).

He was cooperative during the procedure. I passed the scope with no difficulty and was able to see all the major air passages in both lungs. But I saw no blood; it was all gone. This sometimes happens. The patient coughs up what little blood leaks into the air tubes, and by the time you get around to looking with the bronchoscope, the blood has disappeared, presumably all coughed up.

"Plant manager speaking."

Well, he had surely had hemoptysis. I and the nurses saw the blood. Furthermore, he had a history of coughing up blood, and a diagnosis of pulmonary emboli was made in Atlanta. Then I began to wonder. Could the Atlanta doctors have been wrong about the diagnosis? Could they have missed another, more insidious cause, such as an uncommon autoimmune disease? Anything was possible, but given the findings to that point, I was still concerned about a potential pulmonary embolism.

My plans were to watch him overnight and consider doing a pulmonary angiogram the next day, a test that, for all its faults, is considered the gold standard for diagnosing pulmonary emboli. One of the test's difficulties is that it is highly invasive. A catheter has to be inserted into the heart's chambers, so dye can be injected to outline the blood vessels that serve the lungs. Clots show up nicely with this test, but the angiogram's invasiveness and expense limit its use. The lung scan is more indirect but much easier to perform. Perhaps only one out of every 100 patients initially suspected of having pulmonary embolism ends up with an angiogram.

That night, about 10 p.m., I called the ICU to see how Mr. McShane was doing. One of the MICU nurses answered the phone.

"Hi, Greg, this is Dr. Martin. How's Mr. McShane doing?" Mr. McShane was only one of eight MICU patients that night, and not the sickest by far, but he was the most recently admitted to the unit.

There was a short pause, then a slight, sardonic laugh. "Dr. Martin, he's just fine. No more hemoptysis. His heart's beating a little fast, but the rhythm's normal. The rest of his vital signs are stable." Greg didn't say it, of course, but his tone was unmistakable: "What's this patient doing here? He seems to be too healthy for the intensive care unit."

"By the way, Dr. Martin, did you know this guy was once the United States welterweight boxing champion?"

"Really?" I know next to nothing about boxing, but Greg seemed impressed.

"Yeah," Greg continued. "He was telling us how he won the title when he was only 26, in Boston, but then he gave up fighting to join the U.S. merchant marine. This guy's been around."

"So he has," I said reflexively, not realizing how ironic my comment would soon seem. "Well, let's watch him overnight. You can transfer him if you need the bed for another patient. But call me if he coughs up any more blood."

★ ★ ★

Mr. McShane was transferred out of MICU early the next morning to make

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space for another, far sicker patient. By the time I reached the hospital, he was already back in his regular semiprivate room. After checking the MICU patients I went up to see him; it was about 8:30.

"I understand you've coughed up no more blood since the bronchoscopy. How are you feeling?"

"OK, I guess. That last injection helped quite a bit." I had left a standing Demerol order for severe pain. Since the bronchoscopy he had received one more injection.

"Dr. Martin, are you going to do the angiogram this morning?"

"I'm not sure. I want to discuss that with you. So far, everything appears normal, except for your fast heart rate, which I also cannot easily explain."

"Oh, I see. But if I don't have pulmonary embolism, what is causing my hemoptysis?"

"I don't know. And I can't treat you because I don't know what to treat for. Sometimes people cough up blood and we never find a cause.

"The one major procedure we haven't done is a pulmonary angiogram. This involves placing a long catheter into your heart and squirting some dye through it, to directly visualize any clots sitting in your lungs. It's an invasive test and probably unnecessary in your case because your lung scan is normal. We usually recommend an angiogram when the lung scan is equivocal, but yours really isn't. In fact, in your situation the findings rule out pulmonary embolism with almost 99 percent certainty. We'd need to do a pulmonary angiogram to make it 100 percent, but I'm reluctant to push for an angiogram unless you understand these odds. Because it's an invasive test, there are some risks."

I thought at the time: he could be one of those extremely rare individuals with a normal lung scan despite the pulmonary embolism. Faced with a strong story for embolism, and a normal scan, some doctors would just watch him without doing any more tests or giving any treatment; the assumption, entirely valid, is that if a clot is present, it is just too small to do any real harm. Other doctors might opt for doing the angiogram, on the theory that it is important to make a proper diagnosis and that maybe he should be treated even if the clot is only a small one.

It did not seem unreasonable to propose an angiogram, given the circumstance, and I was prepared to present my case. Mr. McShane was an intelligent patient with a serious problem, and he should be involved in the decision making. I expected a barrage of questions and further discussion, leading up an informed consent. To my surprise, he didn't hesitate.

"My only regret is that I had just paid off my credit cards."

"I understand everything you say, Dr. Martin. Let's do the angiogram. I want to know why I'm coughing up blood."

"Are you sure?"

"Yes."

"Don't you want to know the potential complications?"

"I trust you, Dr. Martin. If you recommend it, that's good enough for me."

I wanted informed consent, not 'Yessir, anything you say, sir!' This guy was too eager. Too eager. No one has ever agreed so readily to have a pulmonary angiogram. Always, there are some questions, a quick consultation with the family, or some other hesitancy over having a catheter inserted into one's heart. I began to wonder (probably for the first time) about his psyche. He had a serious medical problem but didn't seem to be handling it like a patient.

In retrospect, he was too smooth. I find this difficult to explain, but it seemed as if he was both the patient and apart from the patient. He had the proper symptoms but not the proper affect. Except when he complained of chest pain, I had the unsettling feeling he could put on a white coat and play my role.

"OK," I said, "Let me see if I can set up the angiogram this morning. I'll be back to let you know soon."

I went to the nurse's station and for the next few minutes pondered the situation. There was a 99 percent chance that a pulmonary angiogram would be normal. Should I subject him to this invasive procedure now or do some other test (what?), or just wait for results of the blood tests (which, at best, would be inconclusive)? Then it hit me, the obvious next step.

I placed a call to the Atlanta hospital where he had been a patient the year before. More detail about his medical history couldn't hurt and might even help me decide what to do next.

I had no trouble reaching the Atlanta hospital's switchboard operator. I introduced myself and asked whether Dr. Howard Lee was in the hospital, and if not could she please give me his office number.

"I'm sorry, sir," she came back, "but we have no one here by that name. You did say Dr. Howard Lee?"

"Yes. Are you sure? Has he left the hospital staff?"

"I don't know, sir. I only have a list of active staff physicians. Are you sure you have the right hospital?"

A copy of the "To Whom It May Concern Letter" was in McShane's chart. I checked it again.

"Yes, I'm sure of that."

"Would you like me to connect you to the Office of Medical Staff? They would know if this doctor recently left the hospital."

"Yes, please."

A secretary in Mercy's Medical Staff Office listened dutifully to my query, then put me on hold while she checked some records.

"I'm sorry to keep you waiting, Dr.

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Martin. We have no record of any such physician on our staff in the past five years. You say you have his letter on our hospital stationery?"

"Yes, right in front of me." I read her the heading, address, and all. This bit of hard evidence intrigued her. "Would you mind faxing that letter to me? If you do that, I can show it to a few people and maybe help you that way."

Strangely, my first thought was that this letter pertained to a patient of mine and that I could not send any part of his medical record without his permission. But this thought dissipated as I contemplated the specific circumstances.

"Yes, I'll fax it right now. Just do me a favor, please."

"What is that?"

"I need to make some decision about this patient fairly soon. Could you work on this now and get back to me by noon either way?"

"Yes, Dr. Martin. I'll do my best to find out more about this matter and get back to you either way."

"Thanks," I said and gave her my office and beeper numbers. It was shortly after 9 a.m.

★ ★ ★

About 11 a.m. I was paged to the phone. It was Mercy Hospital's switchboard operator. She had a call for me from Dr. Howard Lucas, an Atlanta internist.

"Dr. Martin?"

"Yes."

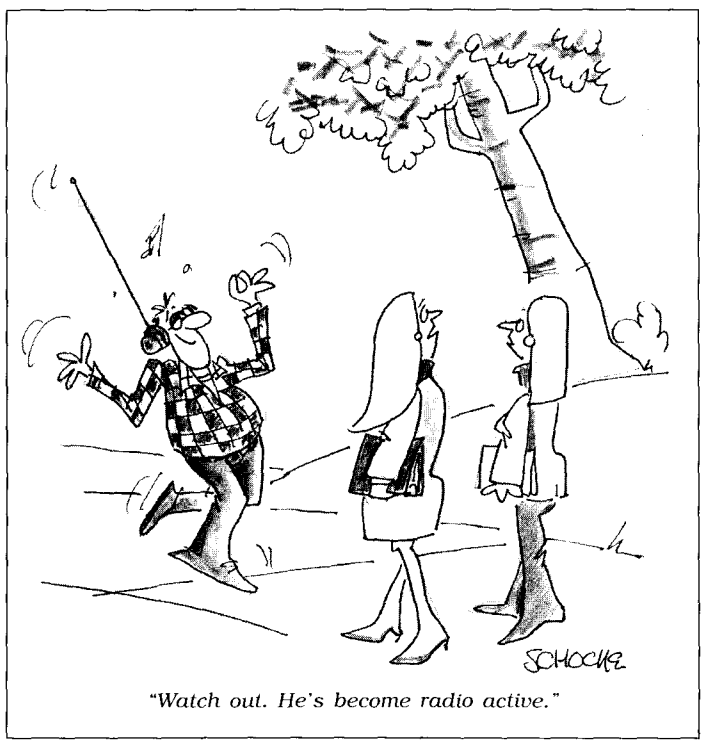
"Hello. I'm Dr. Howard Lucas. Beverly (the medical affairs secretary) faxed me your letter and asked me to call you. I hope I'm not interrupting something important."

"No, Dr. Lucas, not at all. Thank you for calling. Maybe you can clear up a few things. Do you know about my patient or his letter? We admitted him to Memorial Hospital yesterday morning."

Dr. Lucas let out a soft chuckle. "Yes, I'm afraid we know your patient. Beverly called the legal office when she got your fax. It seems that a patient checked out of there last year AMA (against medical advice), and before leaving he had somehow managed to lift a bunch of hospital stationery and other supplies. And his name was Shane, John Shane. Well, I was his doctor, so Beverly called me next. Is your patient about 5'10", slim with brown hair?"

"Yes, that's him. Then you had him in the hospital?"

"John Shane was our patient. Came in with hemoptysis, pretty convincing story. We did all sorts of tests but found nothing wrong. Yet he kept coughing up blood. He really had us puzzled. He had a lot of chest wall pain, too. Got Demerol about every six hours until we wised up.



"Watch out. He's become radio active."

"About his third or fourth day here he coughed up blood while watching television in his room. He called a nurse over and without taking his eyes off the tube said, 'Here, here's some more blood' like he was giving her a urine sample or something. She thought his affect was strange and called me. By then we were mighty suspicious. I sent the 'blood' for examination. Guess what? There was no blood in the sample! It was ketchup or something. The guy's a con artist. Sorry you got caught with him."

"Well, it certainly sounds like the same guy," I said.

"He also told us he's visiting his sister here, that he's a computer salesman and lives in Atlanta with his family, a wife and two kids."

"Now that you mention it, I remember he told us he was from Texas or someplace out west and was in Atlanta for an accountants' convention. I never heard about any family. I'm telling you, the guy's a looney tune. He sounds like a classic Munchausen. Didn't pay his bill, either. In fact, his insurance card was phony, and all his bills were returned with 'No Forwarding Address' stamped on them. He stiffed the doctors and the hospital."

"I think I'm getting the picture. Thanks, Dr. Lucas. You've been very helpful."

"No problem. Glad to help. Good luck with this guy. See if you can get psychiatry to see him. He needs their help."

I felt like someone had punched me in the stomach. What kind of person fakes a serious illness? And why? I went back to the room to confront Mr. McShane aka Shane. Although I now felt betrayed by this imposter, I had to remind myself that he was still a patient and would remain so until I could confirm this bizarre story and transfer his care to a psychiatrist. So, in a quiet, non-confrontational manner, I walked back to his bedside. He spoke first.

"Did you arrange for the angiogram, Dr. Martin?"

"No, I called Mercy Hospital instead. In Atlanta."

He showed no concern, no surprise.

"I spoke with a Dr. Lucas. There is apparently no Dr. Howard Lee on their staff."

"Oh? Well, he must have left. But it was his letter, all right."

"Dr. Lucas says he took care of you last year but that he knows you as Mr. Shane, not McShane."

"Sorry, doc, I changed it recently. Having some alimony problems. I should have told you."

Lucas, not Lee. Shane, not McShane. And sorry, doc? What's this doc? For almost 24 hours it had been Dr. Martin, formal, distancing. Now with his lies unraveling, I was being addressed doc, said with a touch of disdain. Oh, oh.

"He also said you claimed to be coughing up blood last year, but all they found under the microscope was ketchup, or something like ketchup."

I said these things calmly, matter-

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ANTS ARE NO PICNIC

Taking Solomon's advice has left this observer of ants crying uncle.

by Maynard Good Stoddard

Illustrated by Don Trawin

Since the first picnic off the Ark, the ant has been touted as the smartest, most sociable, and hardest working nuisance in all insectdom. Even King Solomon, sharp as he was, advised us to "Go to the ant, thou sluggard; observe her ways, and be wise."

Now along comes an entomologist from the University of California who knocks this proverb in the head by stating, "Science has finally caught up with the ants. They are lazy, not busy, industrious workers. Individual ants spend a great deal of time just loafing."

Well, I am not a sluggard, in spite of what you might hear if you were to tap our phone. But having believed in Solomon since reading how he settled the squabble of two mothers over ownership of a baby by ordering it cut in two and giving each mother half, my curiosity was piqued. If the entomologist was right, then King Solomon didn't know his ants from a hole in the ground. I had to find out.

If you are an ant lover, maybe you'd better sit down for this. . . .

The ant, gentle reader, is not only a sluggard herself (Solomon's choice of gender, certainly not mine), she is also stupid, wasteful, obstinate, and sadistic. As for morals . . . well!

That the ant is a shirker is easily proved. All you have to do is catch one, paint it's gaster (or rear end, if you prefer) a fluorescent pink for easy identification, then turn the little four-flusher loose. You thought ants were working their little gasters off when racing around in high gear, right? Well, keep your eye on this one with the pink caboose. It will zip past you a dozen times in less than a minute without the foggiest notion of where it's going or what it's supposed to be doing. Except, that is, for giving the appearance of being busy, in case King Solomon should still be around.

Or talk about dumb! Blindfold one of these mini-charlatans (or put it in a matchbox if you aren't that good at blindfolding an ant) and drop the dummy no more than five feet from its diggings. Theory has it that the ant will cleverly use "polarization of light" to find its way back. But what happens? The panic-stricken fraud will take off, like a wild horse, in all directions, without once bothering to polarize the light. It's obvious that uppermost in its miniscule mind is how come the colony moved without leaving at least a forwarding address.

I once spotted one of these fakers standing tiptoe on the very tip of my car antenna. Looking for the nearest picnic? Contemplating suicide? Considering a bungee jump? No, simply proving that when it came to directions, it didn't know its gaster from its elbow.

> *". . . for every respectable ant, research also has turned up lowlifes such as masters with slaves, beggars, robbers, permanent guests, parasites, kidnappers, and yes, murderers."*

In all fairness, more intense research than mine shows certain ants to be respectable harvesters, herders, soldiers, sentries, nursemaids, janitors, and foragers. But for every respectable ant, research also has turned up lowlifes such as masters with slaves, beggars, robbers, permanent guests, parasites, kidnappers, and yes, murderers.

The thief ant exercises its Solomonic wisdom by establishing a colony next door to larger ants for the sole purpose of pilfering their food. The larger ants can't chase the dirty little crooks because they have made the passageway too small. Although the larger ants are born excavators, it doesn't occur to the simpletons to enlarge the tunnel and retrieve their stolen property.

Another phenomenon of questionable intelligence has been observed by a respected professor of ant lore. "Most pheromones (chemical substances) are specific," he reports, "carrying just one message. A dead ant, for example, emits a pheromone that signals other ants to dispose of the body. When daubed on an ant that's alive, the pheromone still compels the ant's mates to dutifully dump it on their trash heap outside the nest. It may resist ("Hey, come on, you guys, this ain't funny!") and scramble back home, but until the pheromone evaporates it'll be carted back again and again to the burial heap."

Or consider the subgenus *Colobpis* tribe, who live within plant materials. This rabble has soldiers whose heads resemble closely in texture and color the exterior of the nest. Their job is to act like a cork in a bottle. On duty, the soldier stands with its head in the doorway, which has been carved to conform in size and shape to the soldier's head. When an ant returns to the nest, it touches the "head door" with its antennae. The soldier backs up, allows the ant to enter, then resumes its position. Not the most thrilling of occupations, but so far so good.

The blueprint falls off the drawing board, however, whenever the soldier belongs to the *Cryptocerus texanus* gang, feared as the rough-

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est, toughest, most sadistic outfit west of the Pecos. Instead of backing up, it has this mean habit of only crouching in position, making the entering ant crawl over. For amusement, the bored soldier loves to end the crouch before the incomer has cleared. This causes the victim to be squeezed between the doorkeeper and the roof of the passageway. It can holler "uncle" till it's blue in the face, but it stays pinned until the soldier resumes a crouch for the next caller. And the sooner the better, we are left to conjecture.

Unless you observe these pretenders closely (and this is where Solomon might have screwed up), ants appear to be working in harmony. If they're building a nest, "Here, let me help you with that roof beam, Sarah," is what they would like you to think. But the truth is, each ant is doing it's own thing, to heck with Sarah. If the dirt she throws out of the kitchen happens to land in the bedroom, tough.

Transporting prey, ants will not put their minds, so called, to the problem but will work out the situation by trying various expedients. "Okay now, you go that way and we'll go this way . . . no, we'll go that way and you guys back up . . . all right, you turn around and . . ." and in doing so they drop their end, and right on top of poor Bertha who has been looking for another expedient.

But that's not the whole tragedy. A pair of *Formica lugubris* workers produce about 8.0×10^{-6} horsepower as compared with 3.2×10^{-6} for single ants (and those formulas aren't as easy to work out as you might think). Only about 75 percent of that horsepower is used, however; the rest being wasted in opposing the efforts of the other ant. So when you see a dozen of these little filchers struggling to sneak a deviled egg from your picnic table, half the bunch are dragging their feet and the half bearing the brunt of the load are falling over them. This may be pure speculation, but if you were to put a magnifying glass over the ones bearing the brunt, what you'd likely find is at least four of the six with hernias.

Ants have a reputation for being sociable, right? Through a magnifying glass I watched a couple of ants "socializing" on our patio only this week. Were they sipping aphid milk while swapping lies about stretch marks from their honeypot days? No. One bosom buddy had sunk her

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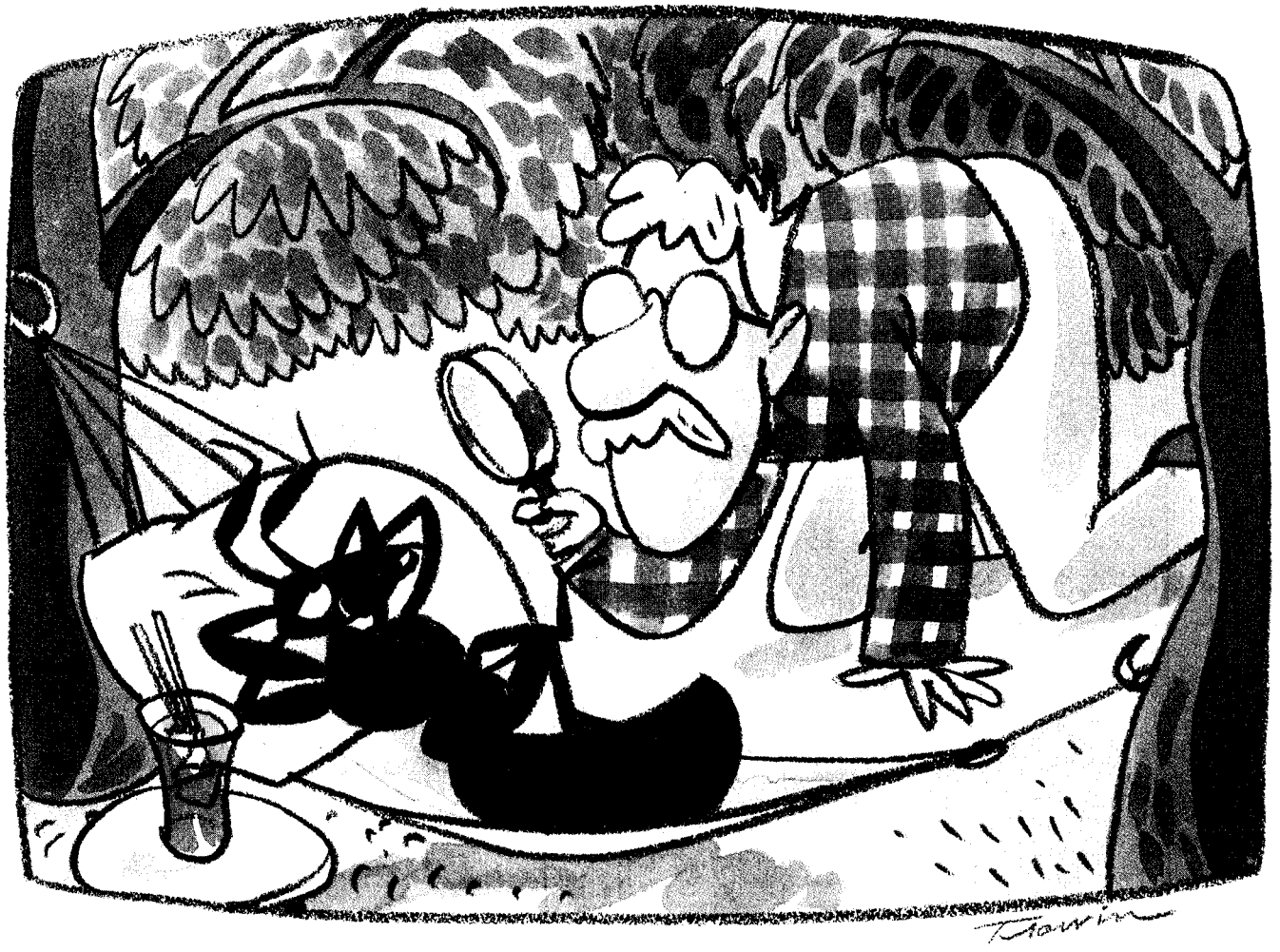

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THE VANISHING FACE OF REFINEMENT

A once important concept has fallen into disuse, if not disfavor, in our coarsened egalitarian culture.

by Terence Hayes

Illustration by Paul Stahr

My daughter Kerry, age 16, threw down the gauntlet.

"Dad, I need you to write down all the reasons why you won't let me chew gum."

I looked up irritably from my *Barron's* and growled, "Why?"

"It's an assignment for composition class. I have to pick out something I want to do that my parents won't let me do. You have to write your list of reasons and I have to rebut them."

"That's a silly topic," I said. "Pick something else."

"No, Dad, I've thought about it," she insisted. "There *isn't* anything else. Apart from that, you and Mom are perfectly reasonable. You pay for my gymnastics, you let me date freely, and you don't give me a curfew. The only unreasonable restriction you place on my freedom is not letting me chew gum. You have to write down all your reasons (there aren't any good ones), and I have to write a five-page essay on why you're wrong. Then you'll read it and change your mind."

"Don't bet on it," I warned.

"Come on, Dad, when you're that close to being perfect parents, why not go all the way? Just write 'em up and I'll shoot 'em down."

All right. Here goes.

But I can't explain my reasons without using a word that none of my four children, ages 14 to 20, understands or can utter without embarrassed accents of sarcasm and derision. It is a word that has fallen into disuse if not disfavor in our coarsened egalitarian culture. The word is "refinement." The concept being far easier for me to visualize than to define, I reached for my dictionary. Significantly, *Webster's Ninth New Collegiate Dictionary* gives no very helpful definition, but my *Funk & Wagnalls Standard Dictionary of the English Language* (part of the *Encyclopaedia Britannica* and perhaps chosen to reflect the less egalitarian culture of England) does:

> *"Refinement applies to the removal of what is coarse and rude, and a corresponding attainment of what is delicate, elegant, and beautiful."*

"Fineness of thought, taste, language; freedom from coarseness or vulgarity; delicacy; culture."

And under "Synonyms":

"Refinement applies to either nations or individuals, denoting the removal of what is coarse and rude, and a corresponding attainment of what is delicate, elegant, and beautiful."

Certain forms of behavior are generally agreed to be unrefined, even by those who don't give the matter much thought. Some of the grosser illustrations are loud belching and spitting in company, and licking one's fingers at the table. One reason these are deemed unrefined is that while they bring increased comfort to the perpetrator, they are offensive to most observers—perhaps because there is something animalistic about them, and we like to see ourselves and our fellow humans as more elevated than drooling quadrupeds, even amiable pets.

A milder and more widely accepted form of unrefined behavior, confined as a rule to males, is chewing tobacco. The fact that it is common on the baseball field but unheard of in the office, the board room, or the halls of academia, supports my thesis that it is certifiably unrefined; more characteristic of those known for physical prowess than for highly developed mental powers or extensive learning. Apart from this *ad hominem* argument, a "chaw" is bulky and distorts the face; its brown salivary juice discolors the teeth, is probably less than fragrant, and demands frequent egress from the chewer's mouth by way of spitting. If the perpetrator has redeeming grace in the form of a 90-mile-an-hour fastball, one tends to pardon his social deficits, at least when viewing them from a distance. But one might have real concern about inviting him into a spittoonless living room.

Granted, gum chewing does not deserve to be labeled gross. It does not visibly swell the cheek, or discolor the teeth, or require spitting.

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Skybound

Flying Objects
1969

This morning I would fly with birds . . .
free of earthbound need for nestings and
seed and ponds whose luring light but mimes
a transcending sun.

In windswept spaces I would soar on
thermals singing I AM! I AM! JOY! -
that counterpointing the birth on earth
of peace re-chorded . . . beauty re-visioned
whose glinting rhythms, spiralling arpeggios
are written on the staff of my self
all selves who would lift their wings above
the falcons and hawks circling the earthbound
who run and burrow in deep shadows.

I would fly with those whose heralding songs
crescendoeing in their veins
usher in the skyfilling lifegiving light
of every bright new morning
singing, "Look! The sun! The sun!"

by Margery A. Singer

Illustrations by Meinrad Mayer

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Goldeneyes and Cattails - 1969

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Rain Forest
1960

Silver Pheasant
1970

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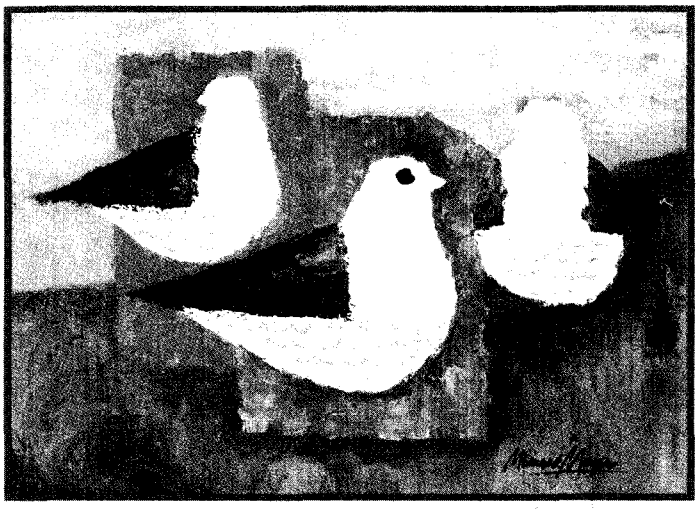

Three Gulls
1960

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Finches - 1965

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Redheads
1974

Marsh Land
1967

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THE BEST

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The Best. It's a bold claim to say that BAR KEEPERS FRIEND® Cleanser & Polish is the best, but we're convinced. That's why we want to introduce you to our products because we believe you will become convinced, too.

Since 1882... BAR KEEPERS FRIEND has been cleaning up tough stains from food, hard water, mineral deposits, rust... all without harsh abrasives or caustic chemicals. BAR KEEPERS FRIEND is based on an old, simple idea, "gently dissolve stains and polish while you clean."

Simple, not easy. It sounds simple. To be the best cleanser all you have to do is make a product that will clean tough stains and polish without harming the surface and make sure it will work on a wide range of materials: fiberglass, stainless steel, tile, porcelain, copper, and brass. It's not that easy to do, and that's why BAR KEEPERS FRIEND'S formula is unique. It can clean and polish without damaging all types of materials.

Don't believe us... You don't have to because so many people will tell you BAR KEEPERS FRIEND is the best. We receive letters each month from people all over the country who are amazed that one product can do so much so well. And it's not just consumers who like BAR KEEPERS FRIEND. Manufacturers of sinks, tubs, cookware, and appliances all recommend BAR KEEPERS FRIEND.

They'll tell you. Here are a few of the many fine companies who recommend using BAR KEEPERS FRIEND. *FRANKE,* Premium Stainless Steel Sinks; *JENN AIR,* Grill Ranges: *STERLING,* Fiberglass Tubs; *ELKAY,* Premium Sinks; *SPRING RAM,* Premium Sinks; *NORTAKE,* Casual Dinnerware; *HEALTH CRAFT,* Stainless Steel Cookware; *TRI CHEF,* Stainless Steel Cookware; *ALL CLAD,* Stainless Steel & Copper Cookware.

Liquid vs. Powder. It hasn't been very many years ago that the first liquid cleanser came into the stores. Loyal BAR KEEPERS FRIEND users asked us if we could make a liquid version of their favorite powdered cleanser. They wanted it to remove the tough stains and still leave a shine.

Shine, don't scrub. We did it. We found a formula that worked like BAR KEEPERS FRIEND only in a liquid, and we named it SHINY SINKS PLUS®. It cleans all the tough stains, leaves a shine, and is the only liquid cleanser with Lime Removers. It worked on the same simple idea of dissolving the stains so that you don't have to scrub. It's quick, easy, and rinses to a shine.

Guaranteed. We know that people like our products so much that we offer a full money-back guarantee on your purchase of BAR KEEPERS FRIEND or SHINY SINKS PLUS. If you don't like it, you don't pay for it.

We're so sure... you will like BAR KEEPERS FRIEND and SHINY SINKS PLUS after you've tried them that we've decided to make you an irresistible offer. We will give you 50¢ off on both SHINY SINKS PLUS and BAR KEEPERS FRIEND. (If you live where grocery stores double coupons, that's $1.00 off each!)

Try the best.

We'll prove it!

MANUFACTURER'S COUPON | EXPIRE DATE: 3/30/93

SAVE 50¢
ON YOUR NEXT PURCHASE OF
BAR KEEPERS FRIEND®
Cleanser and Polish

NOTICE TO DEALERS: As our agent you may accept this coupon from retail customers. IF YOU RECEIVE IT ON THE SPECIFIED PRODUCT WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 8¢ FOR HANDLING. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay sales tax. OFFER LIMITED TO ONE COUPON PER CUSTOMER. Send to: SERVAAS LABORATORIES, INC., P.O. Box 880739, El Paso, TX 88588-0739.

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MANUFACTURER'S COUPON | EXPIRE DATE: 3/30/93

SAVE 50¢
ON YOUR NEXT PURCHASE OF
SHINY SINKS PLUS®
Liquid Cleanser

NOTICE TO DEALERS: As our agent you may accept this coupon from retail customers. IF YOU RECEIVE IT ON THE SPECIFIED PRODUCT WE WILL REIMBURSE YOU FOR THE FACE VALUE OF THIS COUPON PLUS 8¢ FOR HANDLING. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted or wherever prohibited by law. Consumer must pay sales tax. OFFER LIMITED TO ONE COUPON PER CUSTOMER. Send to: SERVAAS LABORATORIES, INC., P.O. Box 880739, El Paso, TX 88588-0739.

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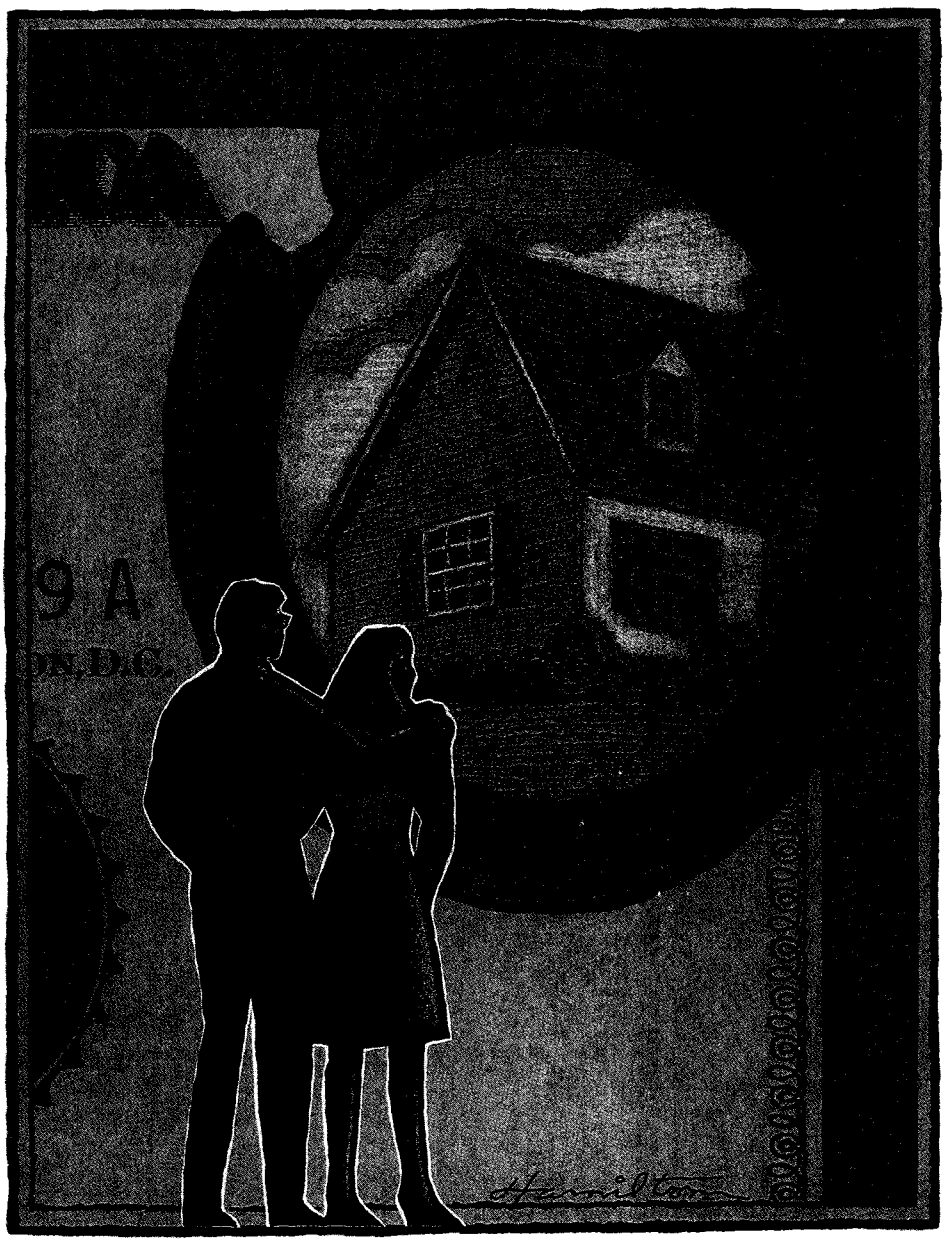
HOW TO SHRINK YOUR MORTGAGE

Several simple formulas can help you decide whether to refinance your largest debt.

by Armin A. Brott

Illustrated by Marcus Hamilton

With mortgage interest rates at their lowest levels in nearly 25 years, you may be tempted to refinance your home. But refinancing isn't for everyone—you might be able to save hundreds of dollars a month, but if you're not careful, you could actually lose money.



By following a wise refinancing strategy and cashing in on today's low-interest loans, homeowners can save a small fortune in mortgage payments.

The First Step

For most people, their home is their largest asset—and their largest debt. So, when it comes to refinancing, the first question you should ask yourself is "Should I or shouldn't I?" Fortunately, there are a couple of relatively simple formulas that can give you some quick answers.

The first formula is commonly called the 2-2-2 rule. If you can get a loan that is two percent lower than your existing loan *and* the new loan will cost you two points or less, the new loan will pay for itself in two years. ("Points" are loan origination fees charged by lenders—each one is equal to one percent of the loan amount.) Here's an example of how it might work: Your current loan is at 10 percent, and you think you can get an 8 percent loan at two points. So, if you're planning to stay in your home for more than two years, you should probably consider refinancing. The 2-2-2 rule sounds simplistic, but it can give you a quick, if rough, answer.

Another more widely applicable formula is suggested by Jason Lustig of the mortgage loan division of Wells Fargo Bank. Here's how it works:

❶ Get an estimate of the *total* costs of the new mortgage. This should include everything from points to processing fees.

❷ Determine the monthly cost savings between your current monthly payment and the new one. (Remember to include the costs from step one in the amount you are planning to borrow.) Any lender or mortgage broker should be able to give you this information over the phone.

❸ Divide the estimated total costs (from step one) by the monthly savings (from step two). The result is the "payback period" or number of months it will take you to recover your costs.

Suppose, for example, you owe $97,000 on your old 10 percent loan, and your payments are $878 per month. Your new payment, based on a $100,000 loan (your current $97,000 plus $3,000 in points and other fees) at 8 percent, will be $734 per month. The $3,000 cost divided by the $144 per month savings tells you the payback period is 21 months. If you're planning to stay in your home longer than that, go ahead and refinance. On the other hand, if you're planning to move within the next 21

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months, refinancing will end up costing you money.

Throughout this article, I'll be using a loan amount of $100,000 because it is easy to adapt to almost any situation. For example, if your loan will be $75,000, simply multiply all the figures in the examples (except the interest rate) by .75. If your loan is $150,000, multiply the figures by 1.5.

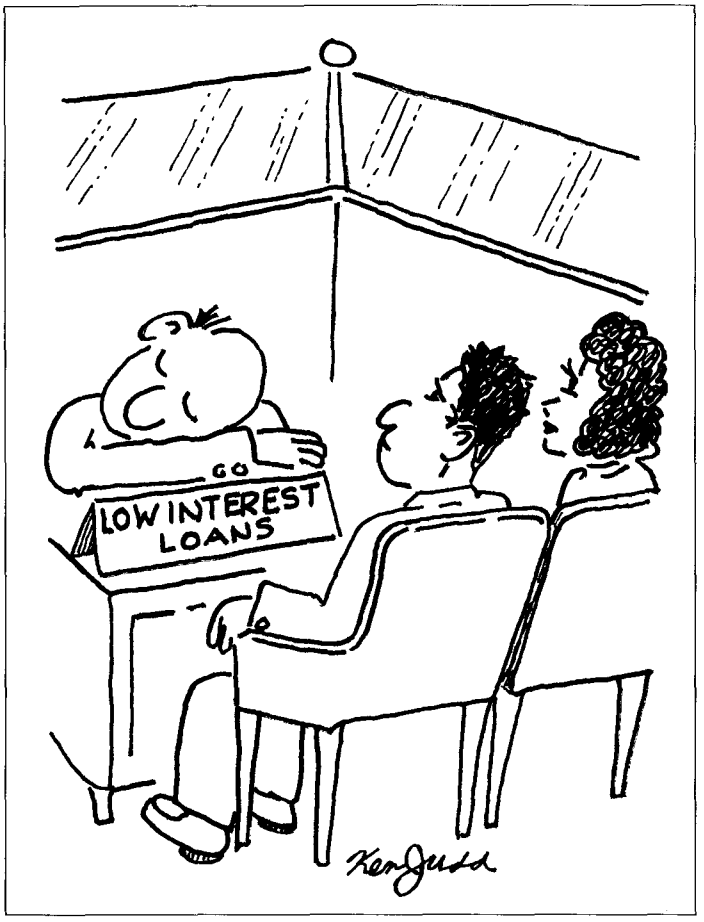
Traps to Avoid

If you've decided that refinancing is the best decision for you, you need to select the best loan for your needs. But with literally a dozen or more different types of loans available, it's easy to get confused. And even though the vast majority of lenders and brokers are straightforward, honest businesspeople, it's also easy to be deceived by someone unscrupulous. Here are a couple of real-life advertising "hooks" that sound great but that could end up costing you hundreds (or even thousands) of dollars:

▶ In a televised spot for a nationwide lender, a baseball Hall-of-Famer advertises "fixed rate loans for as low as 8 percent." So far so good. The problem is that if you read the fine print that flashes across the screen (good luck), you'll realize that the rate he's quoting is for a loan that has a "balloon payment"—meaning the entire remaining loan balance must be paid in one lump sum—after three years. That loan, called a "30 due in three" (usually written out as 30/3), is currently available for only about 6.5 percent. On a loan of $100,000, the 1.5 percent difference in interest rates would cost you more than $100 per month.

▶ A major California lender advertises that if you bring them a completed loan package (which includes an application, credit report, appraisal, tax returns, etc.) they'll give you an answer within 15 days. Fast? Not really. Jonathan Petruck, a real estate loan broker in Berkeley, Calif., says you should be able to get an answer within five days—often within 48 hours—after presenting a completed package to a lender. If interest rates go up during this unnecessary 15-day wait, your monthly payments will be higher.

Negative amortization loans: These loans offer an attractive low monthly payment but can hit you with some unpleasant surprises later. For example, on a $100,000, 30-year loan at 8 percent, payments *should* be about $734 per month. But with a reverse amortization loan, you might pay only $650 per month, with the "saved" $88 difference added to your loan balance. The surprise is that after five years, you'll owe $5,300 *more* than you originally borrowed! This may actually be a great loan for some people, especially younger borrowers or first-time buyers who need lower monthly payments now but expect their incomes to increase in coming years. The problem is that lenders often fail to advise their clients of *all* the details of these complicated loans, and many borrowers are just not sure of what they're getting into.



▶ Many lenders throughout the country offer to reduce the points they charge if you open a checking account at their institution. But in many cases, the points they're charging are higher than the competition's anyway, making this offer nothing special. Another similar approach is to offer "no points, no fees" loans. But beware: "no points" almost always means higher interest rates.

Comparison Shopping

Besides the wide assortment of loan options, there is a rather confusing array of different rates for the *same* loan. How can the layman tell the difference between two 30-year fixed rate loans—one at 8 percent and 2.25 points, the other at 8.25 percent and 1.5 points? Well, here's an easy formula that can help you compare the two. But remember, when using this formula, make sure you're comparing apples to apples.

Simply take the interest rate your lender or broker quotes you and add the number of points divided by six. Again, how long you plan to stay in your home is important. If you're sure you'll be there more than 12 years, divide the points by eight instead of six. If you're staying four to six years, divide by four. If you stay one to three years, divide the points by the number of years.

Using the formula, you can see that the 8.25 percent loan at 1.5 points is more expensive than the 8 percent loan at 2.25 points.

Saving Money by Spending Money

Although it's hard to believe, increasing your monthly mortgage payment can actually save you money. On a typical 30-year, $100,000 mortgage at 10 percent, for example, you will pay out nearly $216,000 (that's no misprint) *in interest alone* over the course of the loan. That means your $100,000 house actually will cost you more than $300,000! Changing your 30-year loan to a 15-year loan at 8 percent will increase your monthly payment by $77, but you'll save $145,000 *in interest alone* over the life of the loan! An additional "incentive" to move to a shorter-term loan is that the interest rates are usually a little lower than for

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SMART GARDENING

Squash old planting techniques and turn-ip new ones this year and you could have the best looking garden on your block.

by Doreen G. Howard

Illustration by Grant Wood

Pine boughs and wrapping paper still litter the living room, yet the mailbox overflows with seed catalogs, along with Uncle Sam's New Year's greeting—Form 1040. Given the alternatives—clearing clutter from Christmas or tackling the taxes—most of us prefer an escape to a mental vacation of full-blown roses and ripe tomatoes between the pages of Burpee's, Park's, and Jackson-Perkins. As a result, most of us wind up ordering more seeds and gardening implements than we can use.

Come June, when orderly rows of beans and corn should be gracing the back forty, we discover 16 packages of seeds for exotic things like blue corn and miniature Rubens-painted eggplant on the closet shelf. We end up pitching another batch of "I-meant-to's" into the trash, because the thought of digging or tilling a garden spot, planting, weeding, and watering is overwhelming. Who has the time?

Anyone with the desire to plant has enough time to produce prize-winning produce and dazzling daisies, if they are garden smart. Study the following smart techniques before reading the garden catalogs. Then order seeds and plants with abandon, knowing this year you will have the best looking yard on the block with little effort.

Simplifying the Basics

Raised beds that are dug only once and never walked upon are the easiest and most productive way to garden. However, the initial digging is hard work.

An alternative is to build the lazy gardener's raised bed. Roll out two layers of three-mil black plastic on top of the lawn. These rolls are usually sold in four-foot widths, the perfect dimension for a raised bed. Anchor each side of the plastic with landscape timbers, bricks, or rocks.

Then fill the new bed to an eight-inch depth with garden dirt, manure, peat moss, sand, and shredded leaves or compost. A good mix for a 4 x 8-foot bed is half dirt, two 40-pound sacks of manure and two 40-pound sacks of sand, peat moss, and/or compost. All you have to add for a bountiful crop is a two-pound box of 6-8-8 fertilizer or two pounds of bone meal and two cups of blood meal. Throw in a pound box of Epsom salts, and you've met the requirements for every type of vegetation you'd want to grow.

Shallow-rooted plants like bush beans, onions, lettuce, spinach, radishes, cucumbers, and strawberries thrive in this kind of bed. Plant seeds closer together than normal; the fertile soil created will support thicker stands of vegetables or flowers.

If you heap fallen leaves on the bed in autumn, a perfect planting surface will await the following spring. You won't even have to turn the

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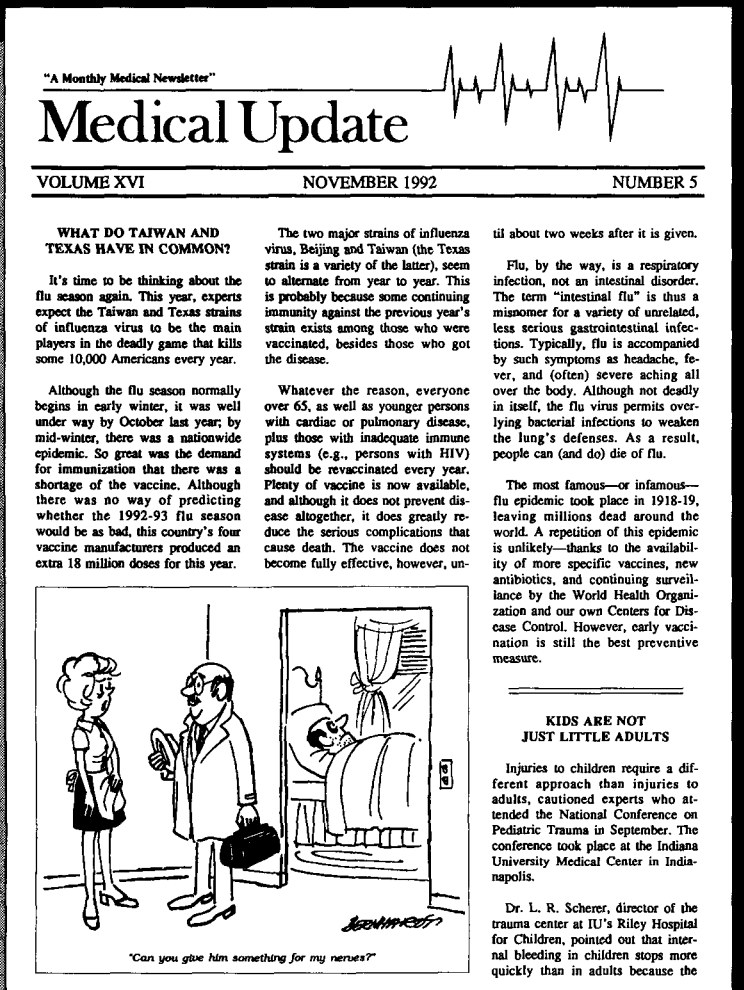

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VOLUME XVI NOVEMBER 1992 NUMBER 5

WHAT DO TAIWAN AND TEXAS HAVE IN COMMON?

It's time to be thinking about the flu season again. This year, experts expect the Taiwan and Texas strains of influenza virus to be the main players in the deadly game that kills some 10,000 Americans every year.

Although the flu season normally begins in early winter, it was well under way by October last year; by mid-winter, there was a nationwide epidemic. So great was the demand for immunization that there was a shortage of the vaccine. Although there was no way of predicting whether the 1992-93 flu season would be as bad, this country's four vaccine manufacturers produced an extra 18 million doses for this year.

The two major strains of influenza virus, Beijing and Taiwan (the Texas strain is a variety of the latter), seem to alternate from year to year. This is probably because some continuing immunity against the previous year's strain exists among those who were vaccinated, besides those who got the disease.

Whatever the reason, everyone over 65, as well as younger persons with cardiac or pulmonary disease, plus those with inadequate immune systems (e.g., persons with HIV) should be revaccinated every year. Plenty of vaccine is now available, and although it does not prevent disease altogether, it does greatly reduce the serious complications that cause death. The vaccine does not become fully effective, however, until about two weeks after it is given.

Flu, by the way, is a respiratory infection, not an intestinal disorder. The term "intestinal flu" is thus a misnomer for a variety of unrelated, less serious gastrointestinal infections. Typically, flu is accompanied by such symptoms as headache, fever, and (often) severe aching all over the body. Although not deadly in itself, the flu virus permits overlying bacterial infections to weaken the lung's defenses. As a result, people can (and do) die of flu.

The most famous—or infamous—flu epidemic took place in 1918-19, leaving millions dead around the world. A repetition of this epidemic is unlikely—thanks to the availability of more specific vaccines, new antibiotics, and continuing surveillance by the World Health Organization and our own Centers for Disease Control. However, early vaccination is still the best preventive measure.

"Can you give him something for my nerves?"

KIDS ARE NOT JUST LITTLE ADULTS

Injuries to children require a different approach than injuries to adults, cautioned experts who attended the National Conference on Pediatric Trauma in September. The conference took place at the Indiana University Medical Center in Indianapolis.

Dr. L. R. Scherer, director of the trauma center at IU's Riley Hospital for Children, pointed out that internal bleeding in children stops more quickly than in adults because the

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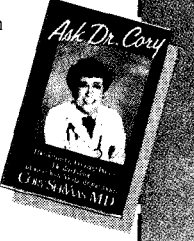

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WILD KINGDOM

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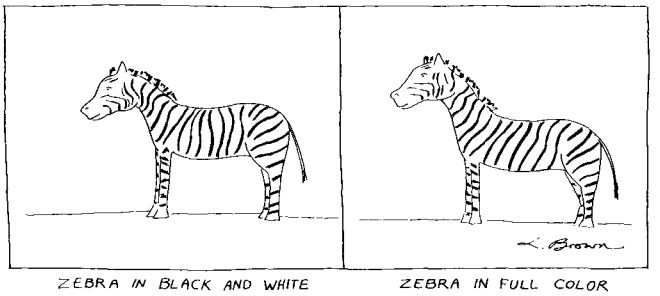

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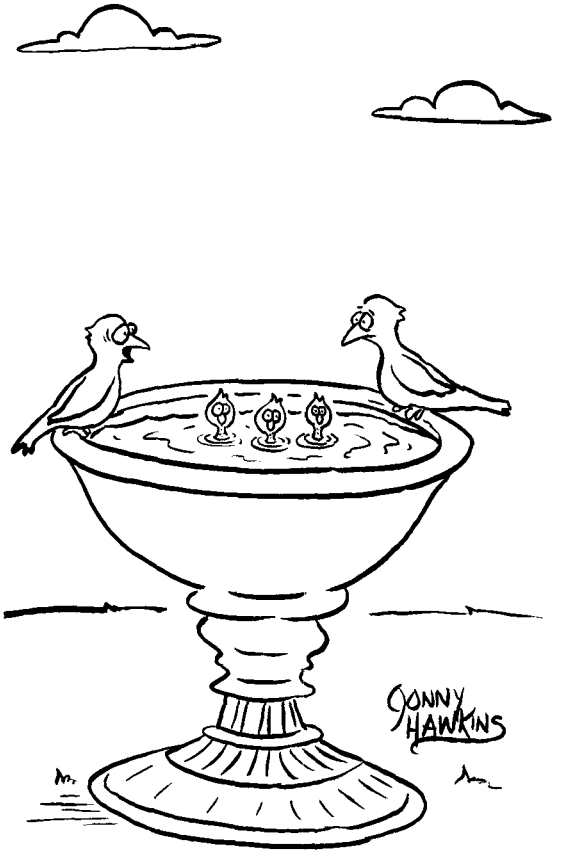
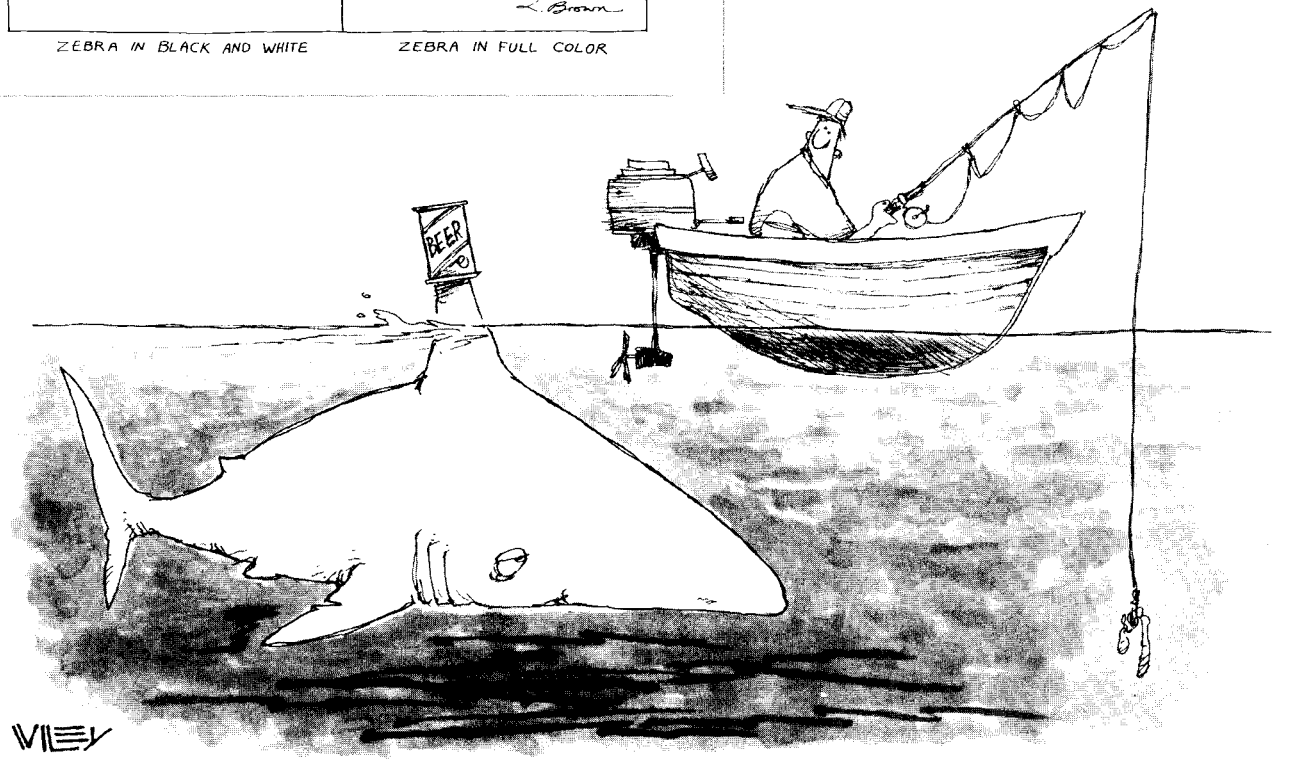


"You wash, I'll dry."



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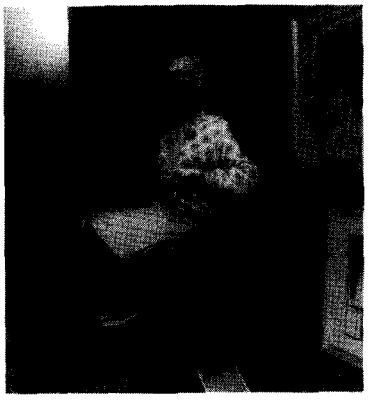

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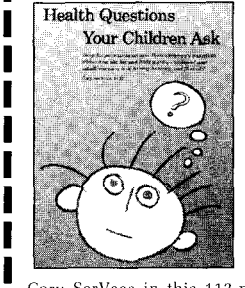

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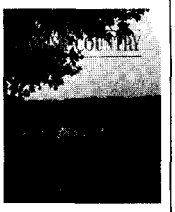

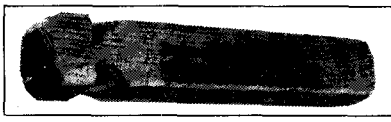

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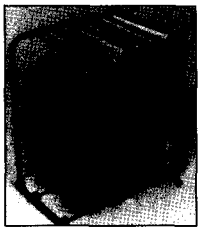

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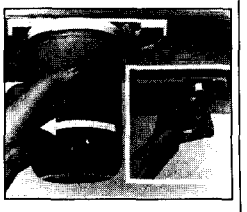

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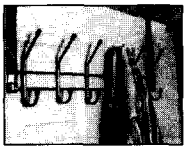

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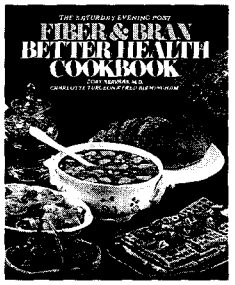

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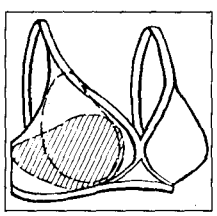

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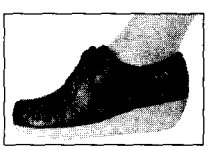

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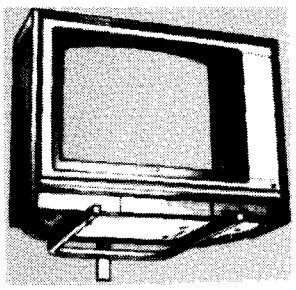

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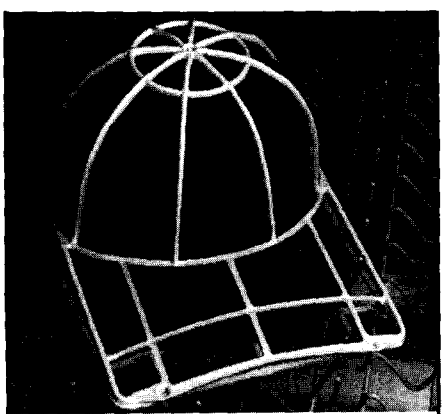

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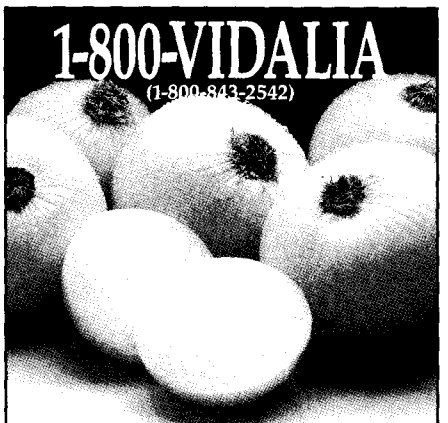

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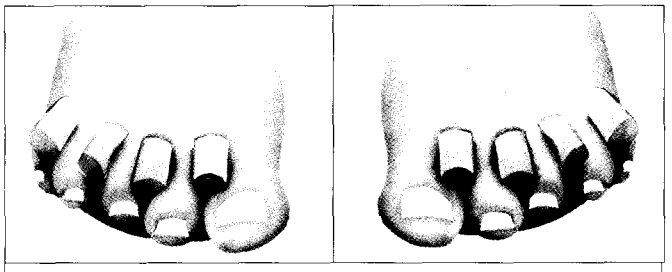

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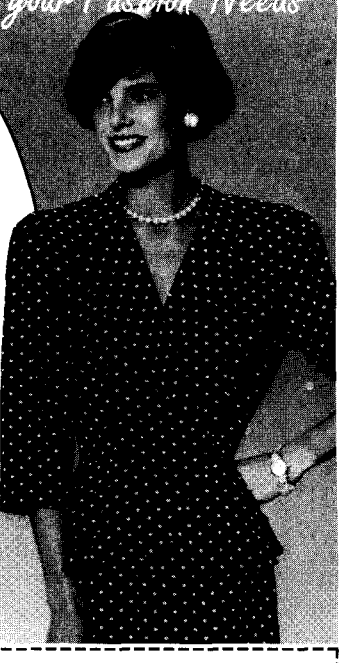

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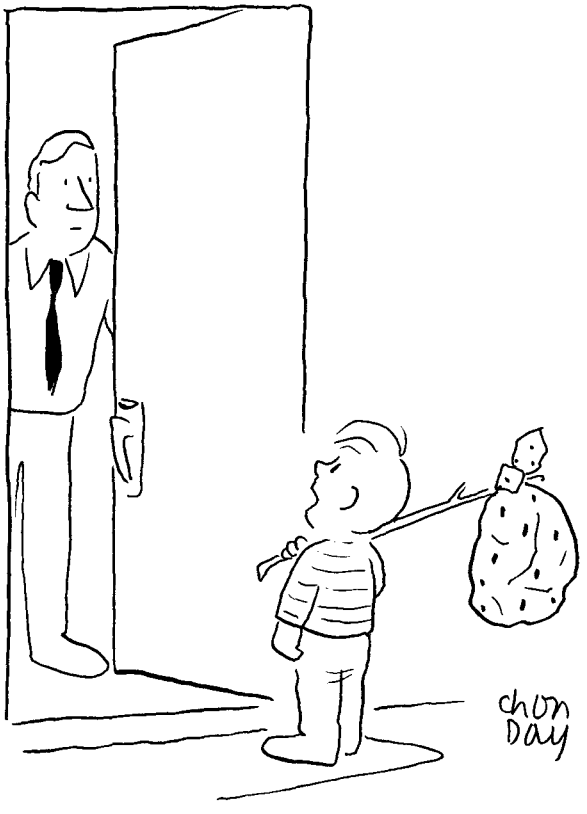

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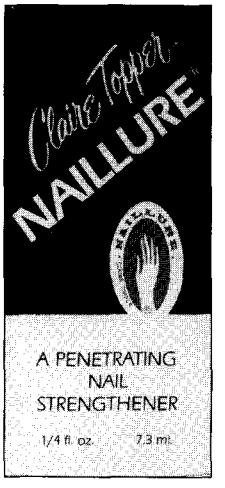

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Paula Zahn

continued from page 41

worked with Zahn earlier in L.A. and San Diego. (Sorenson is currently executive producer of "The CBS Evening News" with Dan Rather.)

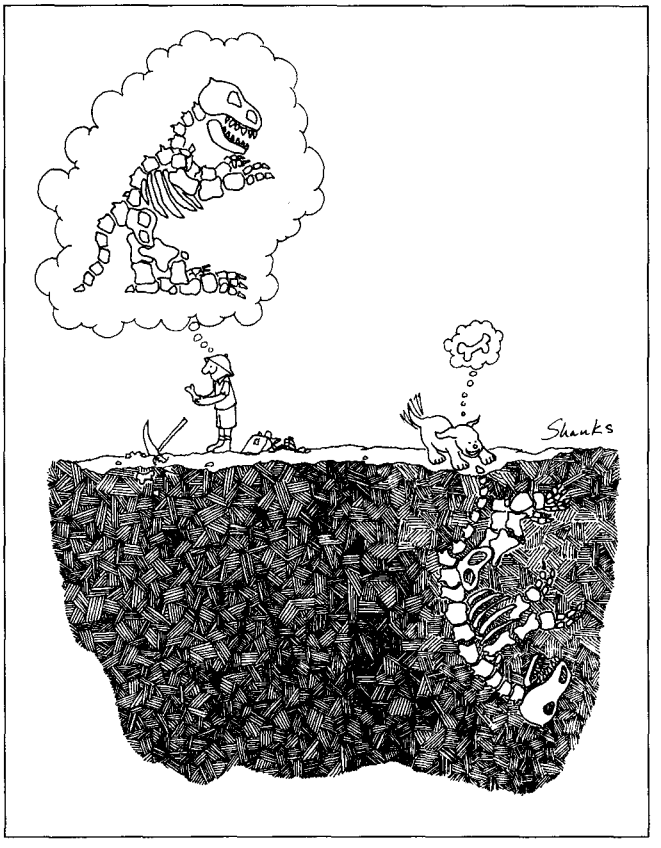
Although "CBS This Morning" consistently comes in third in the ratings, Zahn is quick to point out, "The ratings are up 18 percent from this time last year. Of course I think about them—I have to—but I'm not obsessed with them. I think we're putting on a very aggressive, competitive, smart morning show—and I'd like for the audience to be bigger."

Off camera, Zahn is younger looking if a bit more weathered than she appears on the air, perhaps because of her long-running romance with the outdoors. At first glance, it is tempting to dismiss Paula Zahn as yet another blonde beauty pageant contestant who leapfrogged into television news. While she was a Miss Teenage America finalist in 1973, she brought more than a decade of solid reporting/anchoring credentials to CBS. "I didn't get to sit on that aqua-blue couch overnight," she says.

Although she dedicates herself to the news business, she realizes there's more to life than looking good for the camera. She rounds out her life by being an accomplished musician and a loving mother and wife. Her musical interest goes way back. Although she considered journalism her major at Stephens College in Columbia, Mo., she attended on a cello scholarship, which required her to practice two hours daily and rehearse six hours weekly with the school orchestra. This, plus competing on the swim and golf teams, filled her days. "Music teaches tenacity," Zahn explains. "I've always pushed myself. I like that. I never slept," she adds, chuckling at the memory of her college days. "You're born with whatever talent you've got, and the trick is to improve on that."

Today, Zahn is accomplished enough to play a duet on the show with Yo-Yo Ma and to perform with the New York Pops at Carnegie Hall, for which she spent dozens of hours practicing. Zahn says, "It was one of the biggest thrills of my life. I'll never forget that first moment alone on the stage. I've never heard a sound like that before. Something magical happens: the sound comes back to you, and you're not prepared to feel it physically the way you do."

After college, Zahn landed a TV reporting job in Dallas. By age 22, she was anchoring in San Diego, which she followed with stints in Houston, Boston, and L.A., and a string of awards, including an Emmy for coverage of an Aeromexico jet crash. Later she served as anchor for "The Health Show" and "World News This Morning" before landing her CBS job.



Zahn considers her family time vital to her happiness. She describes afternoons spent with her daughter as "sacred." She and her husband, Richard, a real estate developer, live with their cherubic daughter on New York's Upper East Side. To make their relationship work, Zahn and Cohen have coped with numerous logistics problems that only recently have been resolved. They met when Zahn was working at WNEV in Boston as a late-night reporter/anchor. Cohen didn't propose marriage until Zahn had left for a prestigious job anchoring and reporting at KCBS in L.A. Recklessly, it seemed, she quit and returned to Boston to be married: "I had no choice. You can't tell your heart to quit loving this man." Zahn then accepted an offer from ABC to co-host "The Health Show" in New York, resulting in four years of daily commuting to Boston to see Richard. Last September, he moved his offices to New York. "It makes a huge difference," Zahn says. "He's home a lot more. He gets to have breakfast with Haley and walk her to school. And when he comes home at 6:30, he can take over for me while I get in some study time." Zahn's belief in the importance of family goes back to the days when her IBM executive father and artist/schoolteacher mother would take their four children to the grandparents' farm. They "chased cats, helped deliver calves, disturbed the bullfrogs, and climbed on Grandpa's lap on the plow."

Because of her family life and outside interests, Zahn seems to be a complete, genuine person on air. She says she sees herself less as a celebrity and more as a servant of the people. "I'm a communicator. I view myself as a person who's telling people important things—giving them information that can help them live longer, protect them from bad medical advice, make the right choices. We live in a complicated world, and our show sifts through what's going on in it," Zahn explains.

"She has a good feel about who she is, and that translates onto television," says co-anchor Harry Smith. "It's what's inside that's coming out. People know they're dealing with an honest, good person, and that helps during an interview." Says Ted Savaglio, executive producer of their show, "Paula's self-confident, self-effacing, and fun to be with. People who watch people on TV see more into them than you'd like. The genuineness comes through." "She's comfortable in her own skin," offers former "This Morning" executive producer Erik Sorenson. "She's very real. Everybody likes her."

Perhaps those run-for-your-life footraces with her brothers came in handy after all.

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Well-Seasoned Soups

continued from page 19

½ teaspoon dried thyme leaves
1 bay leaf
1½ cups cooked chicken, cubed (about ¾ pound)
2 cups cooked rice
2 tablespoons lime juice
Lime slices for garnish

Combine broth, onions, celery, carrots, parsley, pepper, thyme, and bay leaf in Dutch oven. Bring to boil; stirring once or twice. Reduce heat; simmer uncovered 10 to 15 minutes. Add chicken; simmer uncovered 5 to 10 minutes or until chicken is cooked. Remove and discard bay leaf. Stir in rice and lime juice just before serving. Garnish with lime slices.

Per serving (1½ cup):
Calories: 117 Carbohydrate: 15.9 gm
Cholesterol: 21 mg Protein: 8.5 gm
Sodium: 5.2 mg Fat: 2.1 gm
Diabetic exchange: 1 bread + ½ meat

Hearty Bean and Vegetable Chowder

(Makes 6 Servings)

½ pound dry great northern, navy, or small white beans
4 ounces turkey ham, sliced
16 ounces low-salt, whole tomatoes, drained and quarted
½ cup each chopped onion, carrot, and green pepper
⅛ teaspoon each crushed red pepper and ground mace
Chopped parsley

Wash beans; soak in 3 cups cold water overnight (for quick-soak method, bring beans and 3 cups water to boil; boil for three minutes; remove from heat, cover and let stand one hour). Drain and rinse. Combine beans, turkey ham, and 4 cups water; simmer 1 hour or until beans are tender. Add remaining ingredients except parsley; simmer 30 minutes or until vegetables are tender. Garnish with parsley.

Per serving (1 cup):
Calories: 193 Carbohydrate: 31.8 gm
Cholesterol: 0 mg Protein: 13.4 gm
Sodium: 282 mg Fat: 1.3 gm
Diabetic exchange: 1 bread + 1 low-fat meat

Where Do You Think You Are?

(Answers from pages 84)

(Theme: Fruits and Vegetables)

1. Orange, FL
2. Mulberry, IN
3. Strawberry, CA
4. Cherry Creek, SD
5. Plum, MT
6. Rice Lake, WI
7. Corn, OK
8. Apple Valley, CA
9. Crabapple, OH

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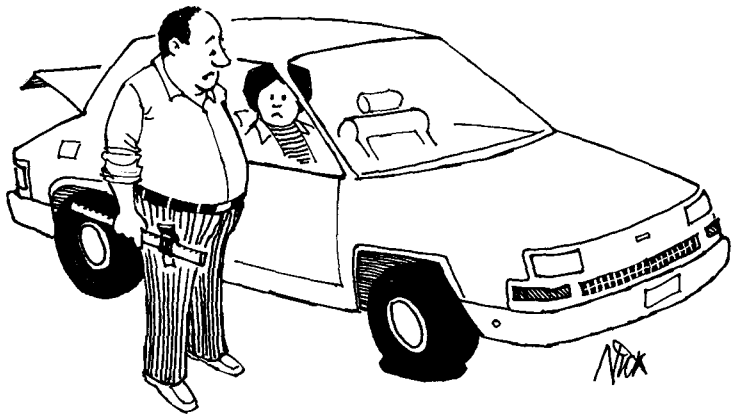
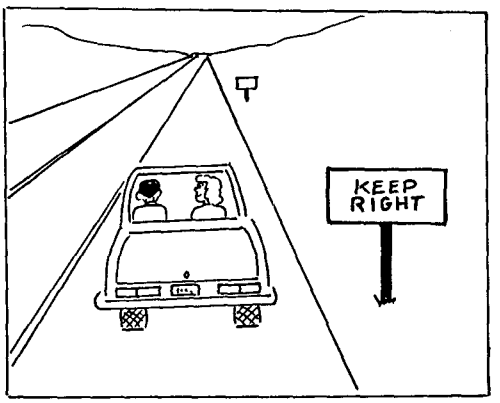
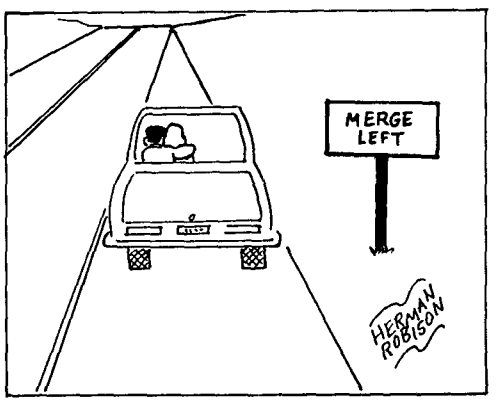
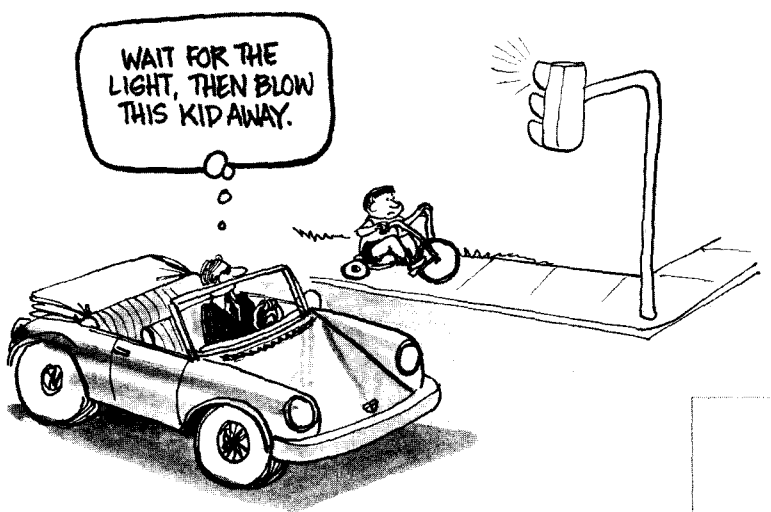


"I wish I could lose 30 pounds that quick."







"Your mom sure knows how to make a carpool fun!"

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THE FALL AND RISE OF WIFE AND MAN

by Wen Smith

Illustration by Don Trawin

Sunday was our anniversary, and we sat up late the night before. When we finally got to bed, I couldn't sleep.

"I hope you're not going to toss and turn all night," my wife said. After that I couldn't sleep because I started thinking about *toss and turn*.

"Why don't we ever say *turn and toss*?" I wondered.

"Does it matter?" she asked.

"It must," I said. "Otherwise it wouldn't sound funny to say *turn and toss* instead of *toss and turn*."

She said it didn't matter to her, but she wished I'd keep my arms and legs on my side of the bed.

"Why *arms and legs*?" I said. "Why not *legs and arms*? And *skin and bones*. Why don't we ever say *bones and skin*?"

"Nobody says that," she said.

"That's my point," I said. "Is there a law that says these things always have to be in the same order? Why is it *law and order* instead of *order and law*?"

She said she'd see to it that my legs and arms and bones and skin suddenly turned blue and black if I didn't stop turning and tossing and go to sleep. She was in no mood for fun and games. "Why is it always *fun and games* and never *games and fun*?" I said.

"Because we know what's *wrong and right*," she said. Now she was getting into this word game, and she was beginning to turn and toss too. Neither of us spoke for a few moments, but I could see the rise and fall of the covers and knew she was breathing heavily.

"*Rise and fall*," I said. "I suppose the order is a matter of logic. Anything must rise before it can fall. Maybe that's why we say *up and down* instead of *down and up*."

"It's not always logical," she said. "In logic, things wouldn't go *back and forth*. They'd have to go forth first."

"Right," I said. "*Forth and back* makes sense, like *horse and carriage*."

"Or love and marriage," she said. "Love has to come first."

"You mean there can't be love after marriage?"

"That depends on whether you keep me awake all night," she said. "I'm sick and tired of all this talk."

"Why is it always *sick and tired*?" I said. "Why not *tired and sick*?"

"Look," she said, "get pencil and paper and write all this down instead of talking it."

I got up, but I didn't know whether to look for the pencil first or the paper first. Does anybody ever say *paper and pencil*? I found a pencil first and started writing on a sheet of Kleenex. Quietly I made a list of ungainly backward pairs like *ready and rough, sound and safe, span and spic*. I realized I'd be endangering limb and life if I woke my wife again.

I wondered why we always say *Adam and Eve* in spite of the rule of ladies first.

Next morning my wife was up and running before me, as usual. She had breakfast ready by the time I rolled out.

"You're looking bushy-tailed and bright-eyed," I said. "You must have slept well."

"Eat your ham and eggs," she said.

I said, "Ever wonder why we always say ham and . . . ?"

"Just eat," she said.

It was a beautiful morning. My wife smiled across the table. "Happy anniversary," she said.

I thought of Adam and Eve, who were created, I suppose, in alphabetical order and got stuck in it. I reached for her hand across the table.

"I'm really glad we're wife and man," I said.

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PITTSBURGH: Mr. Rogers' Neighborhood

The air has cleared, the smoke has lifted. The city on three rivers has emerged as a great place to visit and take the kids.

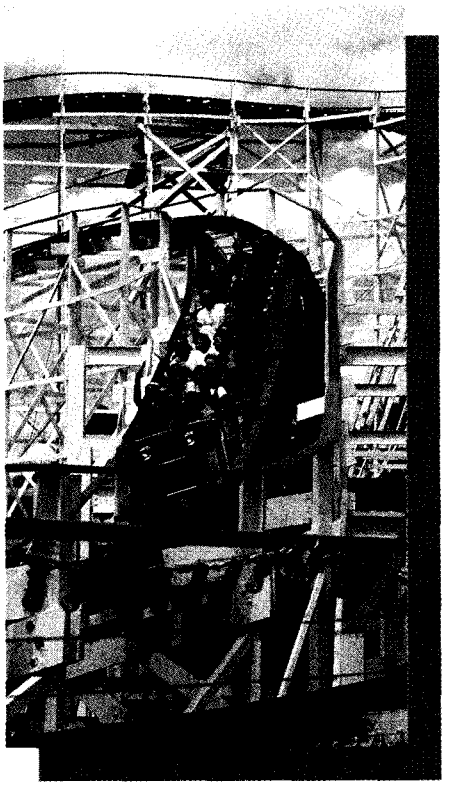
by Loriann Hoff Oberlin

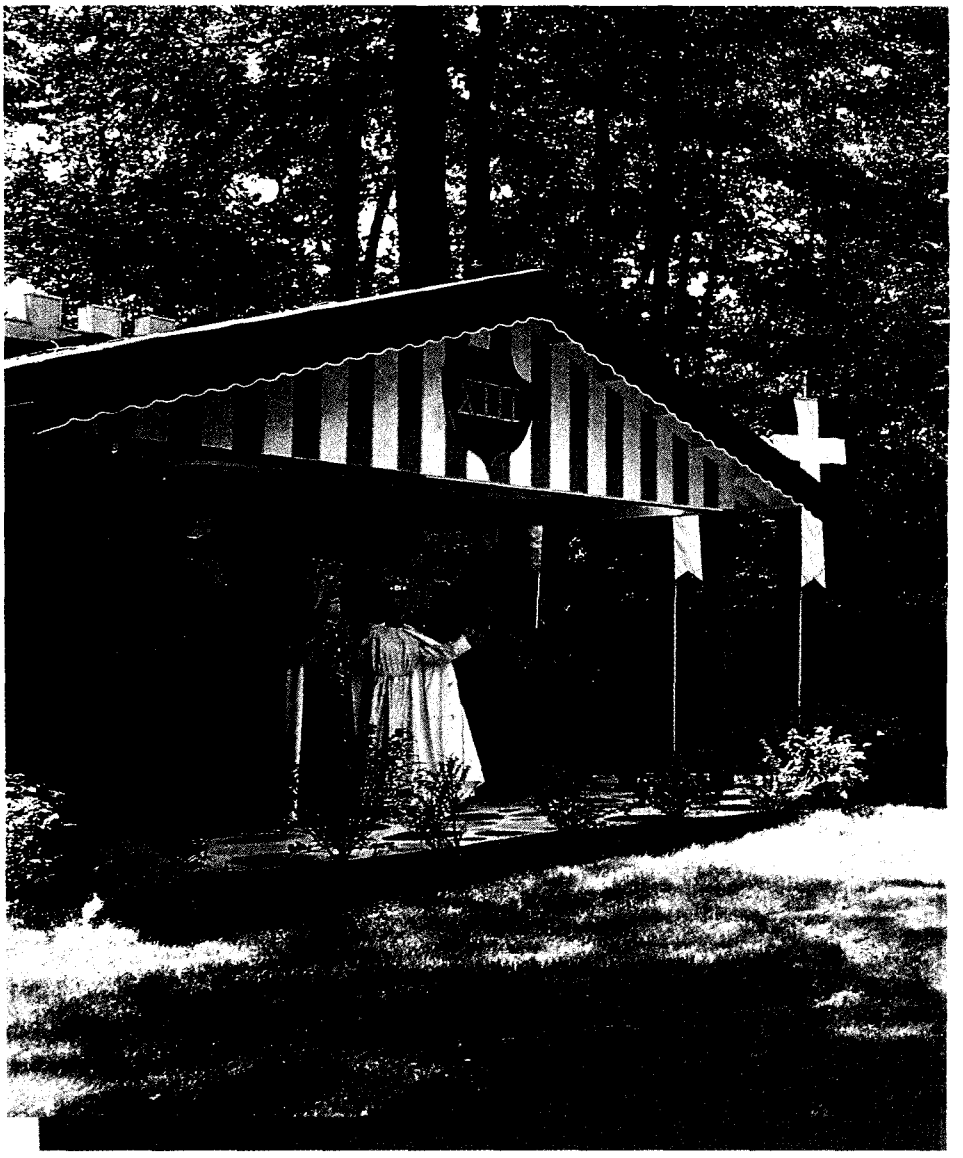
For 25 years, Fred Rogers has proclaimed it a beautiful day in his neighborhood, but few fans have realized he's talking about Pittsburgh. In February, *Mister Rogers' Neighborhood* will celebrate its silver anniversary on public television—making it the longest-running children's series on network TV.

It's appropriate that Pittsburgh is the backdrop for the award-winning show. In a town that has known great change, one thing has remained constant: Pittsburgh continues to make its mark with children. Visitors who view the assortment of children's entertainment proclaim the city a small fry's paradise, and youngsters who experience Pittsburgh for the first time feel a touch of *déjà vu.* Haven't they been here before? There's a certain familiarity about this neighborhood—again, thanks to Mr. Rogers, a favorite son who grew up just east of the city.

Fred McFeely Rogers helped start WQED-TV in Pittsburgh, the first community-sponsored television station in the country. With Josie Carey, he and his puppets appeared on *The Children's Corner.* Through years of part-time study, became an ordained Presbyterian minister whose mission was to work with children and families through mass media.

The show hasn't changed much since 1968, Rogers explains. "What's basically important in childhood is still the same," he says. "Some things about a young child's world in the 1990s are different, such as divorce, day care, and working parents, and we've tried to address these topics in recent programs."





Giant roller coasters are just part of the attractions at Kennywood Park, 8 miles east of the city. Live stage shows are performed daily.

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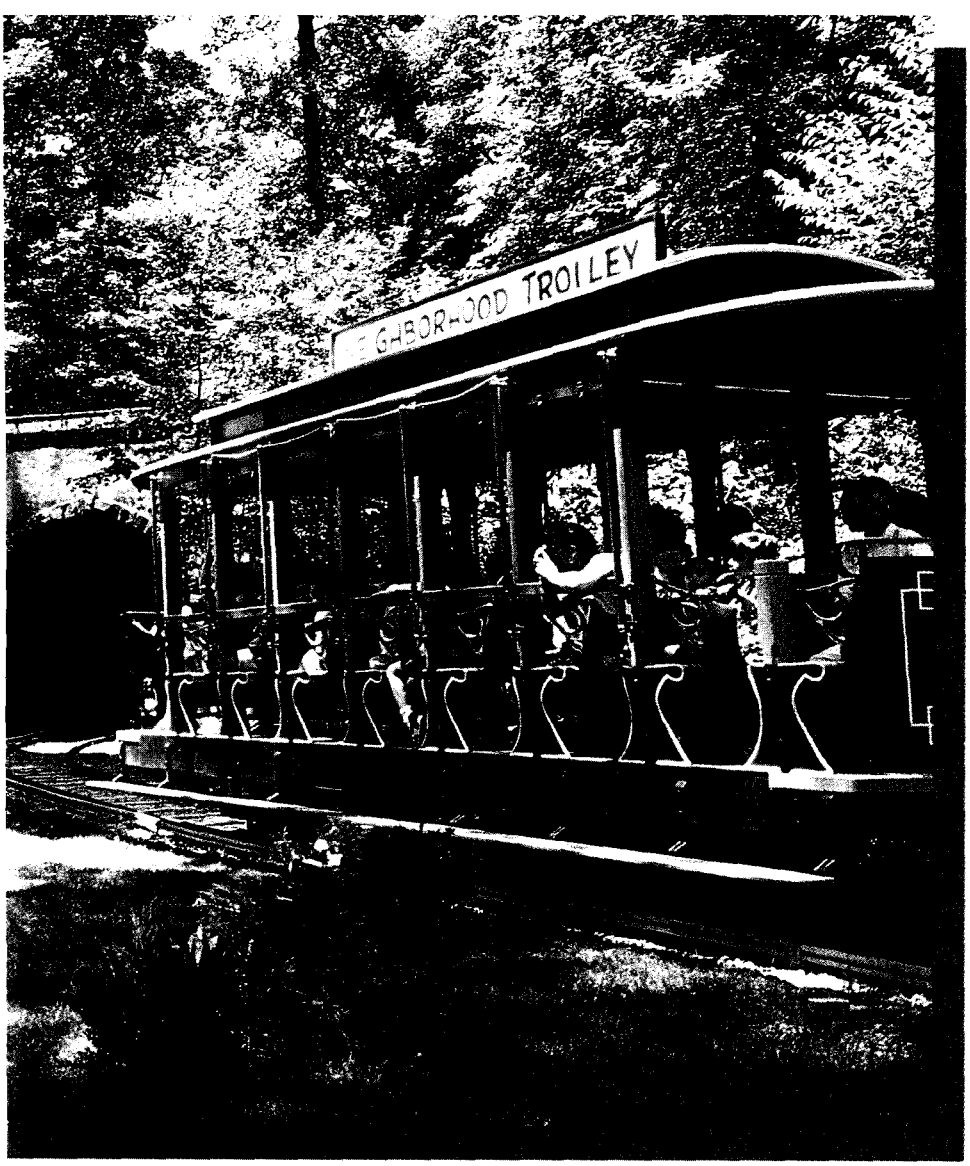
Today, millions of children, without realizing it, generously sample Pittsburgh's offerings. Many of the city's neighborhoods, historical sites, and resources are used in producing the TV program. Popular filming locations include the ice-skating rink at Schenley Park, the dinosaur exhibit at The Carnegie, and even the soup-production line at the H.J. Heinz Co.

The city's blend of simple and sophisticated resources translates well into entertainment possibilities. One of Rogers' favorite outings is to the top of nearby Mt. Washington to look over the skyline and to watch the barges navigate the three rivers below. He also recommends the Pittsburgh Zoo, recently renovated to provide a habitat-like environment for more than 16 species of primates in a five-acre tropical forest. Other quick stops: the Pittsburgh Aviary, Phipp's Conserva-

When Mr. Rogers schedules a field trip, 7 million viewers are likely to tag along for the fun. Now in its 25th year, the Neighborhood *is carried by 300 PBS stations across the country.*



At Idlewild Park families ride a trolley through Mr. Rogers' lifesize fantasy neighborhood. Here, they're greeted by King Friday XIII, named for the popular puppet introduced by Rogers on his first children's television show in the 1950s.

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More than a Pitt-stop

"Where there's soot there's money," was Pittsburgh's motto and excuse during the old steel-mill days. Never mind that the air quality was so poor that white-collar workers scurried home on their lunch breaks for a change of shirts. Never mind that travelers viewed the local airport as a necessary pit stop en route to someplace better.

Now high on everyone's short list of most livable cities in America, Pittsburgh has undergone massive change to earn its renaissance image. The smokestacks are gone, the air has cleared, and the red carpet rolls out from a new $700 million airport complex. The facility—hyped as "the first airport of the 21st century"—sits on a vast 12,000-acre tract that is a short commute from the city's center. The Pittsburgh International Airport is expected to welcome 24 million passengers this year and more than 30 million by 2003.

Of course, not every traveler who touches down at the airport ventures into the city. Pittsburgh is USAir's hub terminal, so many passengers on the airline's 500 daily flights still pass in, out, and on to someplace else. Airport designers were aware of statistics that claim a typical domestic traveler spends 74 minutes waiting in an airport, and an average international traveler has a 114-minute layover. How can an airport make time fly? Pittsburgh planners so successfully answered that question that local residents now drive to the airport to roam the concourses in the same way they browse suburban shopping malls. Among the attractions: dozens of buy-till-you-fly national stores and local boutiques, restaurants that range from Wok and Roll to Frank and Stein to the first airport T.G.I. Friday's, a fully equipped Kidsport and an eclectic collection of original art. A unique feature is the pricing policy. Air travelers aren't held hostage by jacked-up prices because stores and restaurants charge the same amounts as their downtown counterparts.

Although the airport opened on schedule and within budget—a feat in an industry known for delays and price hikes—finishing touches continue to be added. Eagerly anticipated amenities include an on-site chiropractor and a masseuse.

—Holly Miller

Alexander Calder's mobile "Flight" returns to the Pittsburgh International Airport after 10 years at the Carnegie Museum of Art.

tory, and the Children's Museum on the city's north side, which houses a display of Rogers' puppets.

The *Neighborhood* isn't contained to the city limits. A visit to Western Pennsylvania wouldn't be complete without a side trip to Idlewild Park at nearby Ligonier. Set in the Laurel Highlands, the park offers seven theme areas including Story Book Forest and a life-size Mr. Rogers' Neighborhood of Make Believe, the only one of its kind in the country. Idlewild has maintained its identity as a family retreat with well-appointed picnic areas and shady groves. Families can do as much as they choose or as little as they want. Tucked in the woods, the setting promises a peaceful, fun day.

Although not a park in the traditional sense, The Carnegie Science Center, billed as "an amusement park of the mind," promotes science, math, and computer education with an array of classes, programs, and hands-on exhibits. The U.S.S. Requin, a World War II diesel-electric submarine, is docked close to the center and teaches a bit of history to visitors willing to duck and stoop their way through.

Daredevils test their senses at Kennywood Park, designated a national historic landmark in 1987. Established more than 130 years ago, the park has claimed the title "coaster capital of the world." It bases its claim on the Jack Rabbit, the only remaining coaster with a double dip; and the Thunderbolt, which creeps and clanks to a final 90-foot drop. A more recent arrival, the Steel Phantom, created in 1991, has an even longer drop, at 225 feet. It soars at 80 mph.

Thrill-seeking aside, Pittsburgh offers a rich cultural heritage to young tourists. Children are discovering the Pittsburgh Symphony, thanks to Fiddlesticks, a mascot designed as an educational outreach. Youngsters can join Fiddlesticks for Saturday-morning activities, such as inventing musical instruments to be used later in concert at historic Heinz Hall.

"It doesn't get any better than the Pittsburgh Symphony," says children's recording artist Frank Cappelli, who has performed with the orchestra.

Cappelli's musical career began in Pittsburgh. After taking lessons and playing in local bands, he studied music education in college. His best moments, he recalls, were spent student teaching. "When they let me out with

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the kids, I had a ball. I had a riot with them, teaching popular songs and singing," Cappelli says.

After four years of running a singing-telegram company they founded, he and his wife, Patty, headed West to work in a family lumber business. But homesick for Pittsburgh and eager to return to their musical roots, the Cappellis began writing and recording children's songs. After a series of school concerts and shopping-mall performances, they landed an A&M recording contract and later developed a half-hour children's program in Pittsburgh called *Cappelli & Company*, which recently was added to the Nickelodeon channel's national lineup.

Like Fred Rogers, Frank Cappelli has used Pittsburgh locales in his videos, some of which have won the Parent's Choice Award. He frequently spends hours at the Carnegie Library, researching topics for future songs. Other ideas come from his family.

Both Rogers and Cappelli are active in community service. Cappelli serves as celebrity spokesman for Family Resources, a child-abuse prevention and treatment agency. Rogers advocates reading and literacy programs and helps children deal with medical issues such as hospitalization. The *Mister Rogers' Neighborhood* child-care project helps child-care providers use his program in their work, and PBS stations across the country coordinate the effort.

Pittsburgh natives are proud of Cappelli and Rogers, and the performers return the compliment. "There's no reason to move anywhere because this environment is wonderful for children," says Cappelli, father of four. "We have all the amenities of a large city without the congestion, crime, and high cost of living."

Of course, changes in any neighborhood are inevitable; in Pittsburgh's case, the changes have been positive. The smoke has risen, and what was once an industrial town has turned into a diverse corporate, medical, financial, educational, and entertainment center.

"It's fun to hear people who once said, 'Why would anybody want to go to *Pittsburgh*?' change their tune and say, 'I think I'd really like to live here,' " notes Rogers. Outsiders are finally agreeing with the message he's communicated for 25 years: "It's a beautiful day in the neighborhood."

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TRACKING BEAR

Legends, yarns, and Bear facts are part of 'Bama's tribute to football's winningest coach.

by Don Freeman

It's all here. Everything. The works. All the memorabilia one could ask of a legendary football coach who once endowed a $100,000 scholarship fund to the University of Alabama for *non-football* students.

On display are the familiar salt-and-pepper tweed hat, so often worn by the man stalking the sidelines; an 1896 Alabama letter sweater; the shoe and ball used by Van Tiffin to kick the winning field goal in the 1985 'Bama-Auburn game; the numerous awards. Such are the treasures contained in the Paul W. Bryant Museum on Paul W. Bryant Drive in Tuscaloosa.

At the university where he became the winningest football coach there ever was, "Bear" Bryant was accepted as a simple force of nature, inexplicable and outrageously awesome, like thunder clouds or sheet lightning. The Bear died almost a decade ago, at 69, but how the memories linger. How the legends endure. Especially at the museum that bears his name.

He started out in hard-scrabble poverty, one of 12 Bryant kids who lived in an unpainted farm shack in the Arkansas village of Moro Bottom. He would become known as "Bear" Bryant because he actually rassled a bear. He really did.

Why, shoot, the townfolks weren't all that surprised when Bryant, a strapping lad no more than 13, got better than a tie with that ol' bear.

It happened on a Saturday afternoon one summer in the mid 1930s not far from Moro Bottom in the town of Fordyce, on the stage at the local picture show known as the Lyric. Some fast-talking out-of-town jasper was dazzling the locals with his spiel, offering a dollar a minute for anyone who could stay in with the bear that he had in tow.

Years later, Bryant would recall: "I was chopping cotton for 50 cents a day. Hell's farr, for a dollar a minute, I'd have wrestled King Kong!"

Not that it was a big bear, mind you, but a bear is a bear. Young Bryant knew no fear against man nor beast, and he held his own. It wasn't what you would call a fancy performance, but the townfolks howled with delight. And young Bryant beamed with pride.

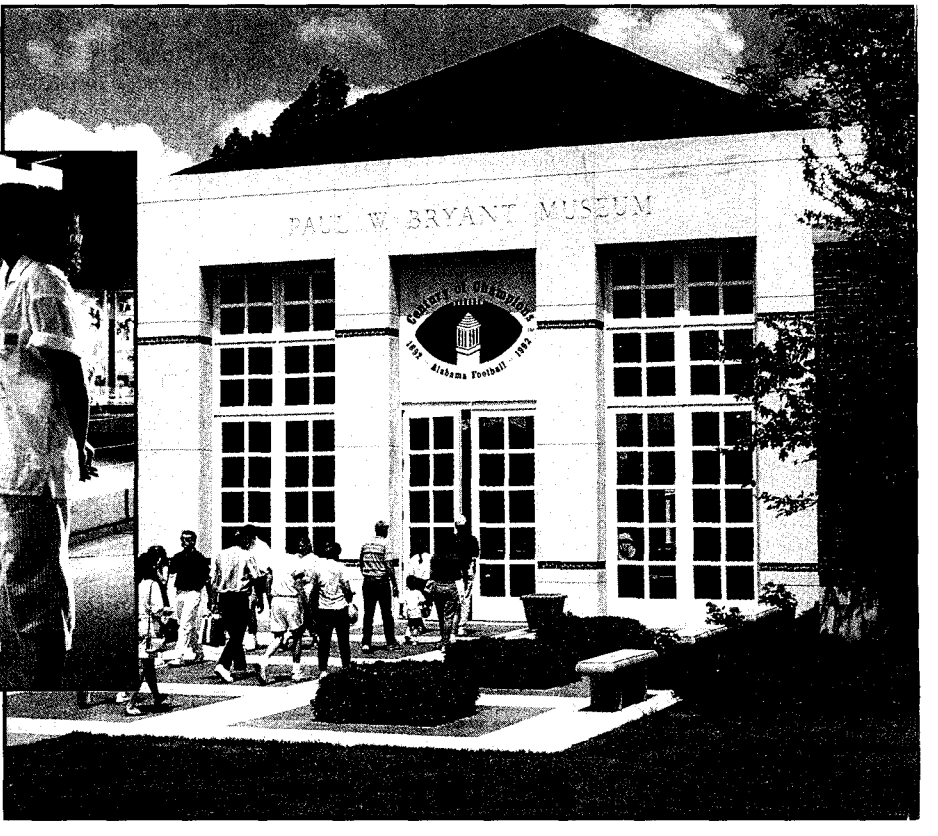
After the show, Bryant went around to collect his money. But the slick-talking visitor with the bear had found the nearest exit. He took it on the lam.

Paul Bryant didn't get his money. But he acquired a nickname that would last a lifetime.

If you were to look up the September 1975 issue of *Sport* magazine, you would find an article titled "The Bear in Winter." It was written by Marshall Frady, a fellow Southerner, who likened Bear Bryant to the William Faulkner parable of courage and manhood, "The Bear."

Frady writes: "If there seems to be an emptiness of heroes these days, it is likely no illusion; they have probably become an extinct species. An eloquent metaphor of what has happened to the personality of the times is offered by sports.

"In place of Gehrig and Dempsey and Rockne and Joe Louis, we have glib, loquacious, sybaritic mercenaries, hipster gladiators with harlequin wardrobes and temperaments. It is as if sports has gone from John Philip Sousa marching hymns to Woodstock



How do you honor a football coach with 323 victories to his credit? At the University of Alabama, a street, a museum, and a stadium *bear* his name.

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and glitter-rock.

"They are not playing Paul Bryant's music any longer."

Bear Bryant's music was winning football games and earning the respect, the love, of his players. Bear's music is still heard today in his museum, on his campus which is, in any season, spectacularly beautiful.

The museum's library includes 16 books devoted to the Bear, more than 6,000 films, 2,000 photos, game programs, media guides, and audio cassettes. Opened in 1988, the facility is both an exhibit hall and a sports archive. Its overseer, executive director Emily Moore, gives the museum its special warmth. As an Alabama alumna, she's proud of Bryant's legacy. And for visitors not familiar with that legend, an unforgettable film, narrated by ABC sportscaster Keith Jackson, is part of the collection.

Bear Bryant stories? Well, his old coach at Alabama, Frank Thomas, known as the Bard of Barlow Bend, remembered what a raw farm boy Bear was when he arrived as a freshman. "We got him a job cutting grass," Howard would say. "It was three weeks before he quit saying 'gee,' 'haw,' and 'whoa' to the lawnmower."

A rival coach, Jake Gauther from Florida A&M, said in tribute: "Bear could take his'n and beat your'n, and take your'n and beat his'n. He'd win with either group."

Bear Bryant's favorite story about himself goes back to when he and his two sons were out in far-off Wyoming fishing for trout. Deep in the wilderness, they came upon a cabin occupied by an bearded old-timer.

"Where you folks from?" he asked.

"Alabama," replied Bryant.

"Alabama?" the old-timer said. "Tell me, what's ol' Bear gonna have this year?"

Ants Are No Picnic

continued from page 53

teeth into the leg of her companion and wouldn't let go. I watched this tableau of fellowship for a full 30 minutes before the bitee, finally relinquished her leg to the biter, and hobbled off.

An isolated incident? Not according to an entomologist with more ant-hours than mine. He reports that once an ant has clamped its mandibles (jaws, if you prefer) onto something, they remain clamped even after its head has been severed. Survivors of a battle between two colonies can often be seen, he says, with several heads fastened to their legs. Call it the virtue of stick-to-itiveness, if you like. I go along with Kipling that "If you can keep your head when all about you are losing theirs, you're a smarter ant than I am, Gunga Din," or however that goes.

The fire ant is another species that projects the image of its genre as a faithful, hardworking defender of its colony, flag, and constitution. In case you have never consorted with this group—as I did recently while pulling weeds from our daughter's patio in South Carolina—a fire ant is to the skin what jalapeño peppers are to the palate. All I got from observing the ways of these diminutive blowtorches were arms that burned and itched for the next two days. I carried the red spots for a week.

As for the ants' more intimate hab-

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Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)–If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves–the natural way–without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

- **Reduce chest pain (angina)**
- **Reduce the risk of bypass surgery**
- **Lower the incidence of heart disease**
- **Reduce dizziness & loss of balance**
- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
- **Reduce blood triglyceride levels**
- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
- **The real truth about Omega-3 fish oils**
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its, I am not one to pass judgment. I can only report that the brief but glamorous nuptial is orchestrated by the queen of the colony, who has wings, taking off and flying higher and higher until but a lone suitor (males also have wings) is her only pursuer. How this evidence was obtained, don't ask. I have it on good authority that the moment the marriage is consummated, her wings fall off and he drops dead.

Go to the ants? No, thank you, I've been to the ants. I have observed their ways. And you can have them.

Shrink Your Mortgage

continued from page 65

a 30-year fixed-rate loan.

If you're thinking about retirement, shorter-term mortgages are particularly attractive—even if you aren't able to reduce your interest rate by much. By paying more now, you'll pay off your home a lot sooner and drastically reduce your future expenses.

To Lock or Not to Lock

Most lenders offer their clients the option to "lock" the interest rate on their loans. This means that even if interest rates go up during the refinancing process, you keep the lower rate the lender "locked" for you. While this may sound like an advantage at first, if rates go down after you've locked, you're stuck with the higher rate.

In addition, locks aren't free—you'll pay either a higher interest rate or more points for the privilege. A major California lender, for example, offers a 30-year fixed rate loan with a 12-day lock at 8 percent and 2 1/8 points. But to lock the same loan for 30 days, the lender charges 2.5 points. Loan broker Jonathan Petruck advises his clients not to lock a rate until their loan has been approved. "That way," he says, "you get the shortest lock period at the lowest cost."

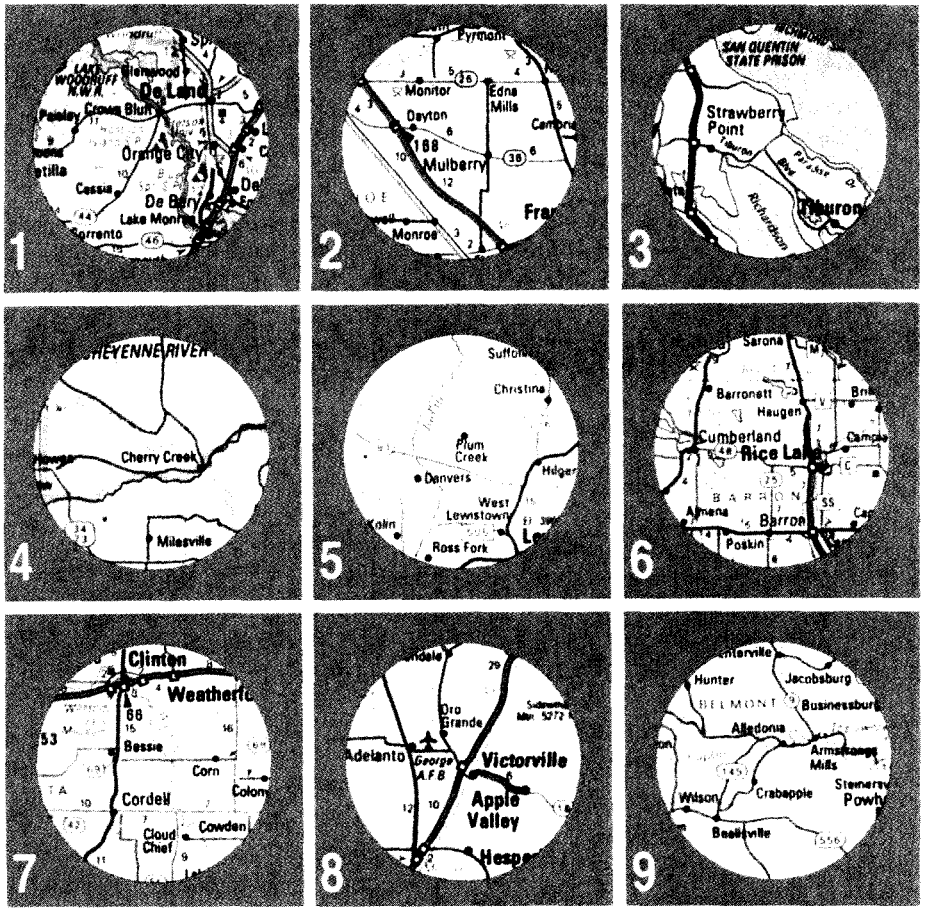
What to Ask the Loan Broker/Lender Before Signing

One of the most critical aspects of refinancing is your dealings with your lender or broker. The best way to ensure that you're being treated fairly is to ask a lot of questions. Here are some of the most important ones:

▶ Ask for a RESPA (Real Estate Settlement Procedures Act) good faith estimate. This estimate itemizes in great detail all the costs involved in procuring your loan and must be mailed to you within three days after the lender has received your completed application. Make sure the costs listed on the RESPA estimate are the same as the ones your lender quoted. If they aren't, or if there's anything you don't understand, get an explanation.

▶ Ask exactly how much the broker or lender is making on your loan and how he or she is to be paid. Ultimately, you're the one who pays the salaries of most lending professionals (that's what the points you pay are for). When refinancing, almost all the costs of the loan (including points and fees) are included in the amount borrowed. No reputable lender should ever ask you to advance him or her *any* money for *anything*—except credit reports and appraisals.

Now that you've had a chance to familiarize yourself with the issues and procedures involved, you should feel confident about whether to refinance your home and about what to look out for. It's important to remember, though, that while this article is a helpful guide, you should rely on the services of a lending professional you trust. Because you're making a decision that will affect you every month for many years to come, don't be embarrassed to ask the lender or broker for references and to check them thoroughly. Also, because refinancing your home may affect your tax situation, you should check with your accountant before closing any deal.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 75)

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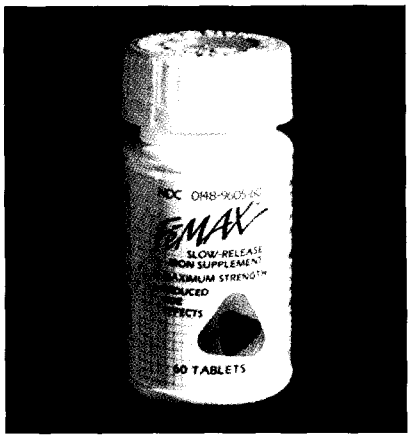

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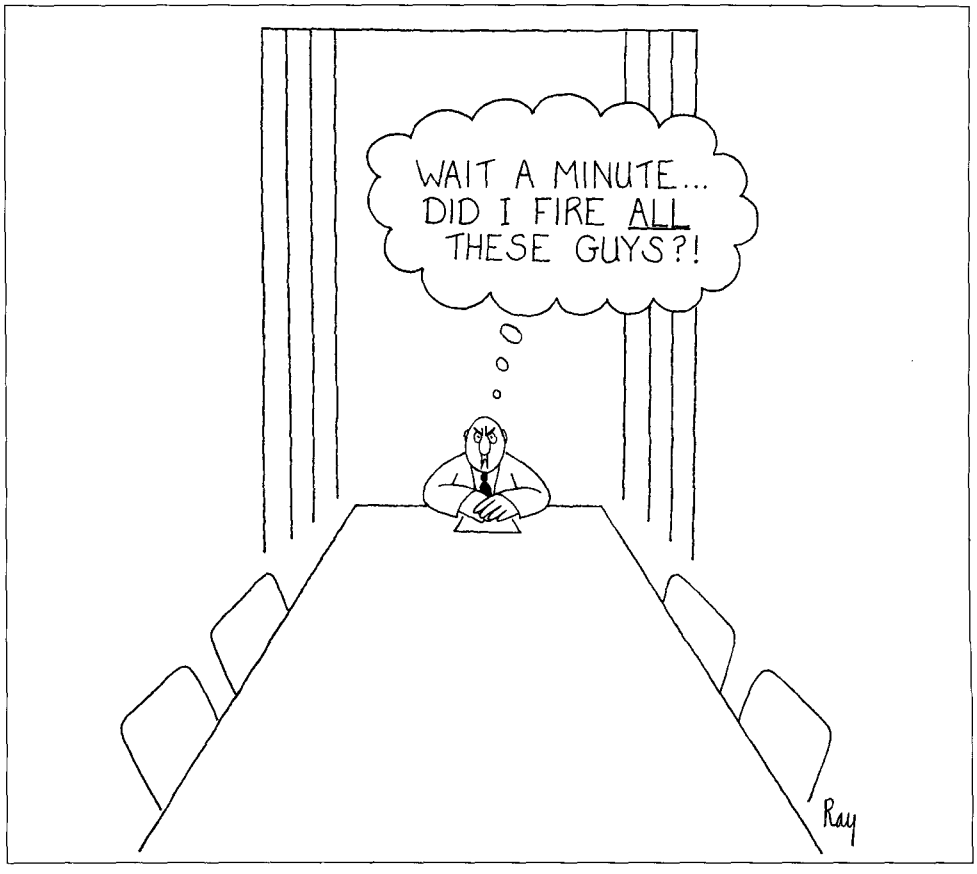

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"My doctor said...best knee support he'd ever seen. Advised to keep wearing it!"

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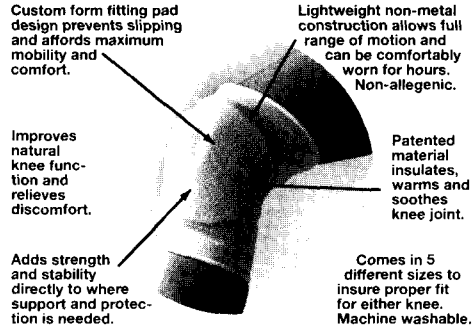
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Smart Gardening

continued from page 66

soil. The turf beneath the plastic will have decomposed, too, and the plastic sheet can be pulled out. Corn and other deep-rooted plants can be sown in this bed.

Another easy specialty bed is the "do-nothing potato patch." Find a bare spot of ground (about four by eight feet) that gets at least six hours of sun a day and scratch in two cups of bone meal with a rake or cultivator. Don't dig it in. Water the soil thoroughly. Next, lay 18 whole seed potatoes on top of the soil, cover the entire bed with a foot of hay, leaves, or shredded newspaper and water again to keep the covering material in place. If you use newspapers, shred only the black and white pages and add a thin layer of sand or dirt to keep the papers from flying.

Ignore the bed for four months, until the potato foliage turns yellow and wilts. That is the signal to dig through the hay or paper. You should harvest at least 25 pounds of clean, scab-free potatoes without using any chemicals. And you will find all the potatoes.

If your family is small or you like to try many varieties of peppers, tomatoes, squash, and eggplant, consider containers. Large flower pots, whiskey barrel halves, and even foam ice chests are the thing for small crops. Just make sure containers have a drainage hole.

Even melons can be grown in containers, by trellising or letting the vines crawl over the sides. Several varieties of flowers—all planted in the same tub—will grow into huge bouquets that will stop traffic.

Potted plants, especially peppers, yield higher quality vegetables, because there is less disease and bug damage.

Sow seed directly into containers indoors and take the containers outside when the weather warms to save transplanting.

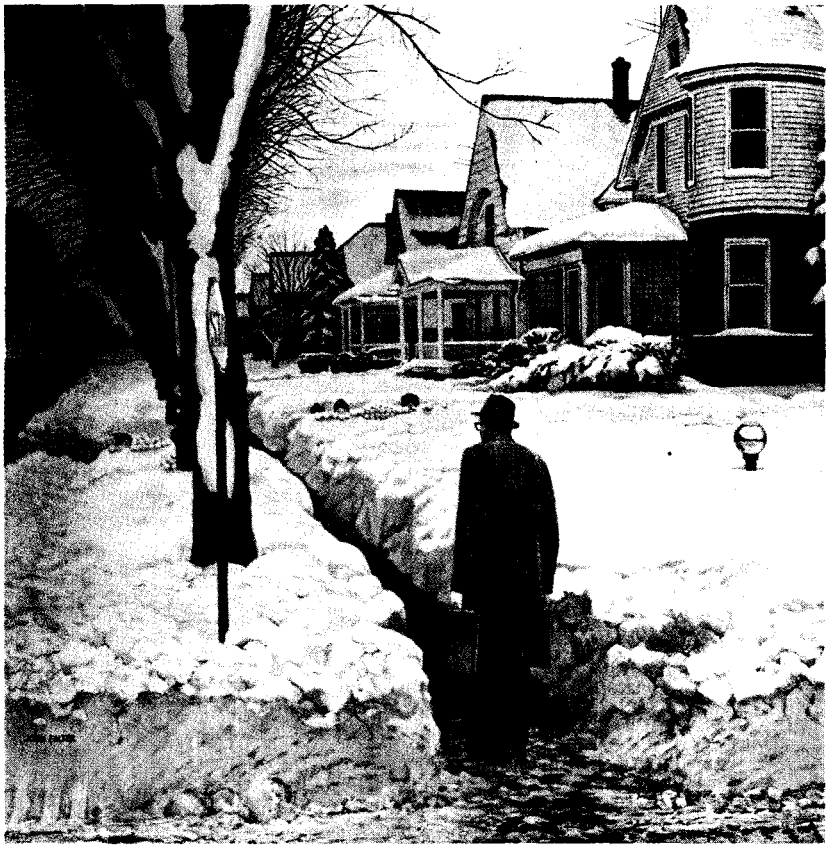
With intensively planted raised beds and containers, you won't have to worry about weeding, either. The thick stand of plants shades the soil, crowding out any unwanteds.

Easy Maintenance

Watering and fertilizing can be made easy, too, using a pair of gadgets from the hardware store. A hose-end sprayer that costs $3-$4 is worth 10 times its price. It shortens labor by hours and reduces the cost of fertilizer.

A box of 15-30-15 dissolvable fertilizer is priced at half of what you would pay for a 50-pound sack of commercial fertilizer. One box should last the entire gardening season. Spray the dissolvable on your plants at the recommended rate given on the package, and do it every two weeks. The entire process shouldn't take more than 10 minutes.

The other work-saving gadget is a faucet-mounted water timer. Place sprinklers among the raised beds, at-



Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry must be a limerick of no less than five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by Feb. 15, 1993.

The winner of the Jan./Feb. 1993 contest will be announced in the May/June 1993 issue.

Our congratulations and a check for $100 go to Merlene Hill of Downey, California, for the winning entry in our Sept./Oct. 1992 caption contest.

A sub in a tub's a good notion,
But the bathroom's becoming an ocean.
The sub's in dry-dock
While poor Dad picks the lock
And the captain is due for demotion.

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tach the hoses to the timer, and set the timer to turn on every morning, while you are at work, to soak the garden for 15 minutes. By watering in the morning before the sun is high, roots soak up all the water, and plants avoid fungal diseases. Vegetation dries in the hot afternoon sun.

Container plants can be watered by remote control, too, by using wicks. Run a length of drapery cord through the drainage hole in each pot or tub when filling it with soil. Leave at least a foot of cord hanging out of the bottom. Elevate each container with bricks, wet the soil, and insert the wick into a pan of water that has been placed between the bricks under the pot. These water pans usually need to be refilled once a week.

Smart gardening will free you from the drudgery of continual work, improve the quality of crops, and give you time to stretch out in a hammock and enjoy your yard. So, go ahead and order the purple pepper and giant peppermint-striped zinnia seeds!

Walking

continued from page 30

threshold." They lose mobility to the extent that they don't have the physical capacity to take care of such simple personal needs as going to the grocery store. At this point, nursing homes become the only alternative for most of them. Inactivity is a compounding, debilitating cycle, and within nursing homes people develop an inactivity threshold in which they are not even mobile enough to go to the bathroom or walk to the dining room.

Many of these people have lost their ability to walk. Probably more than half have what Dr. Rosenberg refers to as the progressive wasting of muscle tissue. This can be reversed if walking is reintroduced into their lives. Strangely, many will have to relearn this first and most significant activity they learned as a child. As Dr. Vern T. Inman, a pioneer in the study of electric currents in muscular action, points out in *Human Walking*, walking is not a reflex action but a neural process and must be learned.

When learning to walk, children fall many times but get up and do it again. An 80-year-old who falls while relearning how to walk may never get up again. For many elderly people, the fear of falling is one of the greatest terrors. The Associated Press re-

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ported that falls are the sixth leading cause of death in the elderly, and a fractured hip is among the most common and debilitating health problems that older people face.

David Oliver, head of rehabilitation, chronic, and long-term care services at the Heartland Health System in St. Joseph, Mo., says, "The fear of falling in the elderly is immense. Their perception is: 'If I fall, I will break my hip. If I break my hip, I will go to the hospital. The next step is the nursing home, and the next stop is the funeral home. My whole lifestyle will change. I've seen it among my friends. If I break my hip, I'll never return home.' " Oliver believes this fear of falling may actually contribute to accidents, because as people reduce their activities, their muscles become weaker and they lose coordination.

The more we do something, the better we are able to do it. The best solution to functional inactivity in the elderly is to encourage people to walk a lot in their earlier years so that they never stop.

As an exercise, the walking gait has been so misunderstood and underutilized that many nursing homes may not be equipped, or their staffs trained adequately, to teach the dysfunctional elderly how to walk again. The first concern is to eliminate the possibility of falls. All hallways should have handrails on both sides. For those who have regressed the most, a training area with double handrails should be available so that elderly patients can practice walking between the rails for safety and to increase confidence. Eliminating the fear of falling is a major concern, second in importance only to eliminating falling itself.

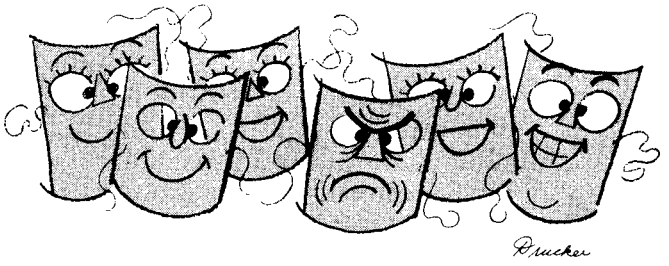
Why do the elderly fall so much? Oliver says physical disabilities such as inner-ear problems that affect balance, fluctuating blood pressure, failing eyesight, the effects of strokes, anemia, and dementia are contributing factors. Perhaps the most overlooked reason, he believes, is too much medication, which can cause disorienting side effects when administered in different combinations. Certainly environmental factors such as slippery floors or uneven carpets also contribute to the problem. When all things are considered, however, if a properly structured walking program is put in place, many of the functionally disabled elderly can be taught to walk again safely. On a risk-reward basis, walking is still the most important exercise for them because it can restore their functional mobility.

I saw on TV some elderly men and women in a nursing home using exercise cycles. Most were hardly pedaling, so they probably weren't getting much real exercise. Unfortunately, when they get off the exercise cycle they can't walk any better. Sitting and pedaling contributes nothing to balance and agility, nor does it condition walking muscles; only walking does that. The specificity principle should be the overriding guide in devising exercise for the elderly. Basically, the specificity principle means that the training and conditioning necessary to make the muscles fire and perform in one sport are not transferable to another sport. The training effect is sport specific—thus, the specificity principle. How much pedaling does an 80-year-old need to function? By contrast, if all 80-year-olds could still walk well, a lot of nursing homes would be out of business.

Not only can the elderly be retaught how to walk, but the results can be spectacular and enjoyable. Recently in an exercise program at the Heartland Health Facility, 17 people (15 women and two men) with an average age of 85 are participating in a program called Walk to Washington. The 11 a.m. program has become the focal point of their day. In three months, they have accumulated 170 miles, which is equivalent to walking from St. Joseph to Hannibal, Mo. One of the women walkers is 101 years old.

Most of the walkers, especially several who are recovering from fractured hips, started out tentatively. Some walked looking down at their feet. The longest distance covered in a day by a walker is four city blocks, and the shortest is only 100 feet, but to every participant it is an accomplishment. The hospital staff reports that all of them have better appetites and morale, are more animated, and sleep better. Even this small amount of mobility widens their horizons. Everything in life is relevant, right up to our last breath.

About the Author: *Casey Meyers conducts regular monthly walking clinics for the Cooper Wellness Program at Dr. Kenneth Cooper's Aerobics Center in Dallas, Texas.*



The Perfect Squelch

The big neighborhood social club was an unusually pleasant and congenial group except for one grouchy member, an older husband who was "agin" almost everything. When the young woman who headed the dance committee announced plans for a Valentine Day masquerade ball, the grouch objected strenuously. He growled that costumes were a lot of "bother and nonsense." He even implied that the dance chairman wanted to wear a mask because she lacked good looks. There was a pained pause.

"Besides," the grouch blurted, "how does anyone know what to wear to a crazy dance like that?"

"That should be easy for you," the chairman's husband put in. "Just get a couple of claws and come as a crab."

—Paul F. Stone

The Islands

continued from page 45

machine?"

"He wanted to buy it. He offered me ten dollars. I sold it to him."

"Go on," I said, getting more and more excited. "What did he do with it?"

"That's another funny thing. He loaded it onto a truck, drove it down to the shore, rented a boat, and put it on board."

"Do you know where he took it?"

"Yes. The owner of the boat told me he took it about five miles out into the ocean and dumped it overboard."

At this point, Botts, I was so angry that I decided not only to fire you but also to instruct our legal department to sue you for heavy damages caused by your gross negligence

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and dereliction of duty. Fortunately for you, however, on the long plane ride back here to Earthworm City I had time to think matters over.

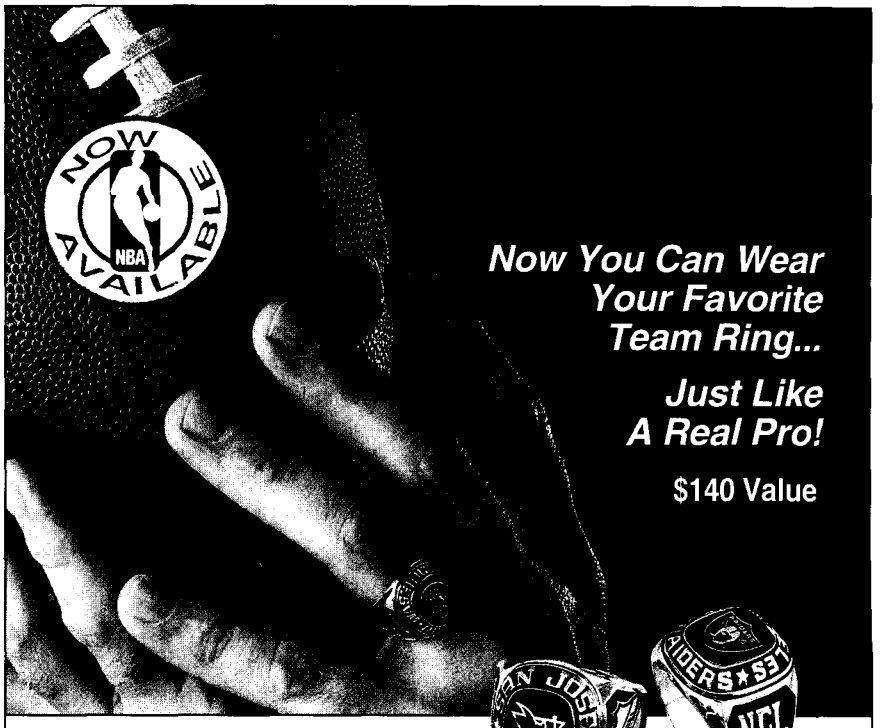
And I have now decided on a more moderate course of action. It is true that you committed a grave error when you let a whole week go by without going to North Bohemia, without sending a substitute or without even letting me know. It is entirely your fault that the Goodwill tractor man got there first and deprived us of the evidence that will very probably make a difference of $10 million. In most instances conduct of this kind would result in instant dismissal and a claim for restitution.

However, you have served the company for many years. On the whole you have served well. And I do not think your current failure has been due to any deliberate malfeasance. I have decided therefore not to dismiss you, but to certify you to the board of directors for immediate retirement on account of old age.

I have been discussing your case with Dr. Jenks, the head of our newly established Department of Retirement and Geriatrics. We have agreed that, although your chronological age is not unduly advanced, there are in your recent letter sufficient indications of premature senility to justify your retirement. By your own admission you weakly gave in to the absurd arguments of a couple of hotel managers. And—without giving a thought to your duties and responsibilities—you lightheartedly wandered off on a Hawaiian holiday, characterized by a lot of disconnected and senseless activities. All this is an indication of second childhood.

But I do not want you to feel discouraged. You will be taken care of. The whole purpose of our new Department of Retirement and Geriatrics is to look after just such people as you. As soon as you are able to travel, we want you to come back to Earthworm City where Dr. Jenks will give you a complete checkup, both physical and mental.

One of our geriatric counselors will then enroll you in a course on retirement adjustment, the privileges and duties of the senior citizen, complete information on communities that cater to the needs of the aged, hints on the use of spare time, and instruction in various hobbies such as basket-weav-



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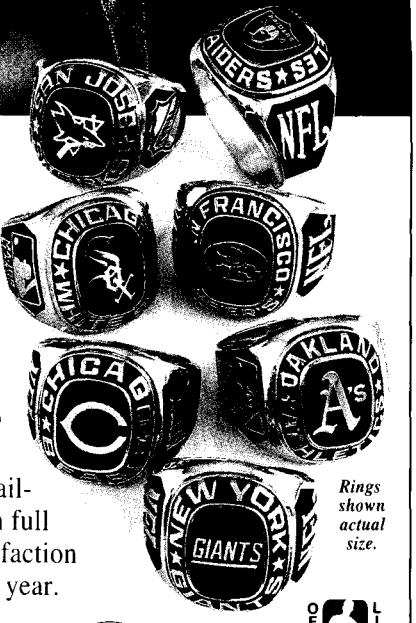

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ing and water-color painting.

With all best wishes,
GILBERT HENDERSON

IMPERIAL HAWAIIAN HOTEL
WAIKIKI BEACH
HONOLULU, HAWAII

Thursday, March 17, 1960

Dear Henderson: Your letter about retiring me for age handed me the biggest laugh I have had in a long time. Any reference to Alexander Botts in terms of senility and geriatrics is not only absurd—it is ridiculous.

You will be delighted to know that I am now in the best of health, physically and mentally. I have given up the hula lessons and all of the other activities that I mentioned in my previous letter. And I am now engaged in a new project that will be of great historical importance and will also achieve a lot of publicity for the Earthworm Tractor Company.

To appreciate this project you will have to know a few facts about Hawaiian history. The first king of the Hawaiian Islands was Kamehameha the Great. When he died in 1819 at Kailua, Hawaii, his bones were hidden by his followers. Since then historians and explorers have looked everywhere in the islands for these bones. But the secret was well kept. They have never been found. However, I have recently discovered some evidence that indicates a new approach to this problem. I have enlisted the aid of the local Earthworm dealer, and we are plowing up the ground in various localities, hot on the scent of a great discovery. Our search has stirred the imagination of the public. Even more important, various military authorities have become so interested that they are allowing us to enter military reservations which are normally *kapu* to civilians.

Very soon the news will be spread through the world that the bones of King Kamehameha the Great have finally been discovered. The credit for this will be attributed entirely to the Earthworm Tractor Company, and this will result in very fine publicity for our organization.

In the meantime I have been giving some thought to the almost-forgotten affair of the ratchet mechanism. And I have a couple of questions for you:

First, would the Earthworm Company be interested in financing me in chartering a fleet of several dozen tugboats or trawlers for the purpose of dragging the Atlantic Ocean off the coast of Maine in a search for that sunken harvester? The expense would be trifling as compared to the ten million you would have to pay if you lose that lawsuit.

Second, if I am successful in finding the harvester with the ratchet mechanism intact, would you take me back on active duty with the company?

Yours,
ALEXANDER BOTTS

CABLEGRAM
EARTHWORM CITY, ILLINOIS
MARCH 21, 1960
ALEXANDER BOTTS
IMPERIAL HAWAIIAN HOTEL
HONOLULU, HAWAII
WE WILL TAKE YOU BACK IF, REPEAT IF, YOU FIND THAT RATCHET MECHANISM. WE WILL PAY ALL REASONABLE EXPENSES, BUT ONLY AFTER, REPEAT AFTER, YOU HAVE FOUND IT. HOWEVER, YOUR SCHEME IS SO FANTASTIC THAT WE FEEL YOU SHOULD MAKE UP YOUR MIND TO BE TURNED OUT TO PASTURE IN THE HOPE THAT YOUR DECLINING YEARS MAY BE PLEASANT AND PEACEFUL. GILBERT HENDERSON

IMPERIAL HAWAIIAN HOTEL
WAIKIKI BEACH
HONOLULU, HAWAII

Wednesday, March 23, 1960

Dear Henderson: Your cablegram indicates that you are still a bit confused. I will therefore go back and explain certain matters which, up to this time, I have felt it expedient to conceal.

Don't get me wrong. Everything I have recently written you has been true. And my reasons for withholding a few of the facts will be apparent as I go along.

When I first reached Honolulu and finally got around to answering the letter which you sent me in Boston, I told you that I had been suffering from a cold and that "for a long time I was undecided" as to whether or not I should take a vacation on a sun-drenched tropical island. What I neglected to tell you was that this long period of indecision lasted a couple of days, during which I did not, as you may have supposed, remain in the lobby of the hotel in Boston. What I did, in spite of my weakened condition, was take a quick trip to North Bohemia, Maine. Here I talked to the same George Bean whom you interviewed a week later. I was one of the two men that

You Be the Judge

by William Donaldson

Fluttering her big blue eyes, attractive Miss Wyles persuaded the railroad ticket agent and conductor to let her poodle Fifi ride with her rather than in the baggage car. They agreed "this once" because Fifi was such a small, friendly creature. But the train ride made Fifi irritable. She bit a woman passenger's leg severely. The woman sued the railroad for damages.

"I did nothing to provoke that miserable beast into biting me," the woman said. "The railroad is responsible, because it permitted the beast to ride in a passenger car instead of the baggage car where it belonged."

"Fifi appeared well-behaved," railroad counsel replied. "In the absence of any indication that Fifi might bite, the railroad wasn't negligent and isn't to blame."

If you were the judge, would you make the railroad pay?

The railroad had to pay. The court said that while it was not negligent simply in allowing the dog in the passenger car, its employees should have asked whether train rides made Fifi irritable and should have insisted that the dog be muzzled or leashed to its owner's seat.

Based upon a 1940 California decision.

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Mr. Bean told you had been inquiring about the harvester. The other, as you reported, was the Goodwill tractor dealer. We did not arrive together. He got there first.

What had happened was painfully clear. When you, Henderson, instructed our attorney to explain the entire harvester situation to the court, the information immediately became available to the opposing attorney, who undoubtedly telegraphed or telephoned the news to the Goodwill dealer in Portland, Maine. And at the very moment when you, in Earthworm City, were dictating your letter to me, the fast-moving Goodwill dealer was already sinking the evidence in the Atlantic Ocean.

When the full import of the situation dawned on me, Henderson, I was tempted to write you the sort of letter which you have sometimes written to me—heaping all the blame on your head and suggesting that you were becoming so senile that you ought to be turned out to pasture like the old firehorse that you are. However, I am not the kind of man who indulges in personalities. I decided to keep quiet for the time being. And I decided further not to accept defeat and sneak out of town—as you did—but rather to prolong my investigation.

I considered the fact that George Bean is only 60 years old. He naturally has no direct memory of what his father, Ebenezer Bean, was doing in the Gay Nineties. I decided to look for an older inhabitant. And I finally discovered a gentleman of 90 years who told me that old Ebenezer had built a harvester in 1895 and sold it to a man who took it to the Hawaiian Islands to use on a sugar plantation. It was when I heard this news that I decided to go to Honolulu.

Naturally I did not want my newly discovered information to fall into the hands of some indiscreet person who might make it public in such a way that this other harvester would be sunk in the Pacific Ocean. I have therefore been keeping the facts completely secret.

Meanwhile, as previously reported, I have been having a delightful vacation here in Honolulu. The search for the bones of King Kamehameha—now abandoned as hopeless—has provided a wonderful excuse for poking around all over the island of Oahu. And I am pleased to report that in a remote cave in the lava behind a junkyard on the

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far side of the Windward Mountains, I have finally discovered the remains of the 1895 harvester. The ratchet mechanism is exactly like the drawing you sent me. This has been confirmed by one of our company engineers who is visiting in the islands, and we have affidavits proving that the machinery is over 60 years old.

I have thus fulfilled the requirements in your cablegram. I accept your offer to remain on active duty. And I shall expect prompt payment of my expense account.

Cordially yours,
ALEXANDER BOTTS

Vanishing Refinement

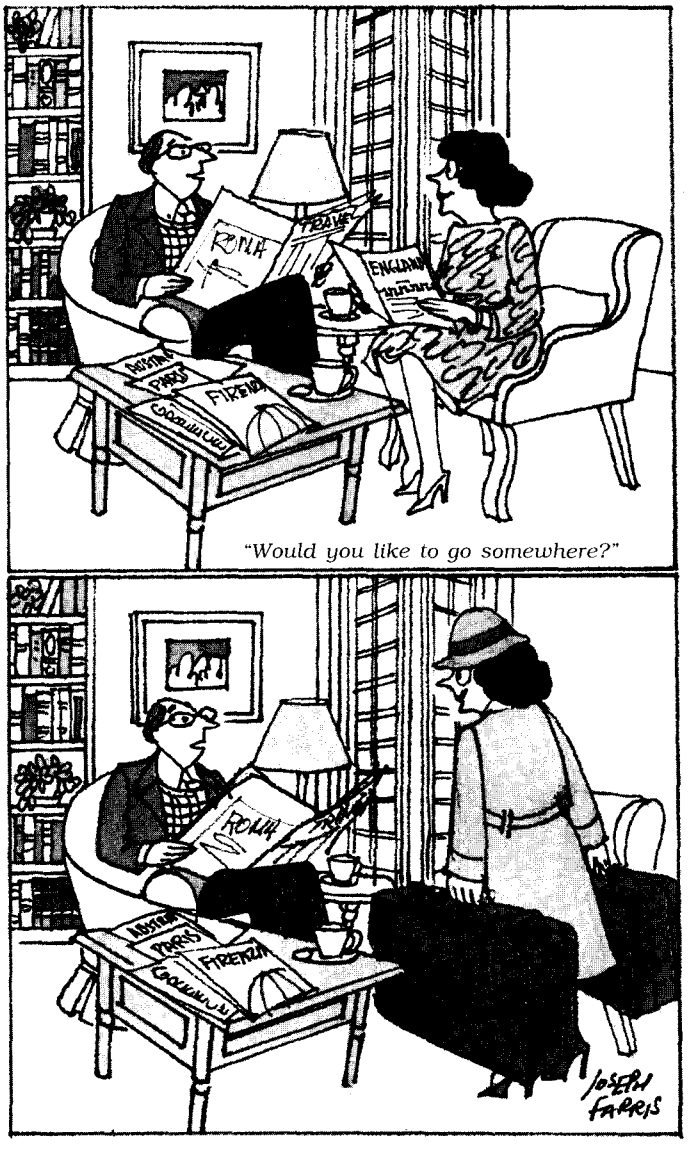
continued from page 54

It is nevertheless, I contend, distinctly unrefined. If the chewer has not learned the polite art of chewing with lips closed, that person's aura includes a low-toned and abrasive crackling-smacking sound as infelicitous as screeching chalk on slate.

Moreover, the human face is most pleasing when it is in repose. It is unavoidably distorted to some extent when eating or singing, and even to a slight degree when talking. But because none of those three worthy activities fills all of one's waking hours, one's serene and undistorted face is observable most of the time. Not so for the habitual gum chewer. His face is, like a rabbit's pink nose, always in twitching motion.

Contemplating the human face in its endlessly varied forms, and in all of Shakespeare's seven ages, can be as gratifying as contemplating the paintings of the masters. Anything that makes the face visually displeasing should be avoided if it can be. Heaven knows, glasses, hearing aids, skin blemishes, poor complexion, and eventually wrinkles, are unavoidable for many of us. But we should—for our neighbor's sake if not our own—make ourselves as attractive as we can. Opting to form an oral habit (and gum chewing does tend to become a habit, even a kind of addiction) that suspends the lower face in a state of incessant mastication is, I think, an unpardonable breach of good manners and good sense.

And I would point out here that the most notably refined people are never guilty of it. Can you imagine Queen Elizabeth chewing gum? (I choose women here, as exemplars for my daughter.) Can you imagine Margaret Thatcher chewing gum? Or Mother Theresa? Or Grace Kelly? Or



Jacqueline Kennedy? Or Princess Diana? Or Leslie Stahl? Or Diane Sawyer? Or the Venus de Milo? Or the Mona Lisa? Or a Lippi *Madonna*?

As to the singer Madonna, so widely admired by my daughter's generation, yes, I *can* imagine *her* chewing gum (or even tobacco), though she is probably too conscious of the beauty-impairing aspects of such chewing to indulge in it.

Refinement cuts across social classes. Maria, the slum-dwelling heroine of *West Side Story*, was portrayed by Natalie Wood as the perfection of urban Hispanic loveliness. She did not chew gum. Sprinter Wilma Rudolph, as portrayed in the film *Wilma*, did not chew gum. Neither did the poor governess Maria in *The Sound of Music*—and if she had, I doubt the master of the house would have made her his bride. Eliza Doolittle, the flower-peddlar in *My Fair Lady*, probably did chew gum; but she left it in the gutter when she learned to behave like a princess and won the heart of Professor Higgins.

Beyond the issues of good manners and human aesthetics there is the distressing (no doubt often misleading) sense that gum chewing exhibits a certain coarseness of mind. It seems (though no doubt it often is not) incompatible with sensibilities attuned to fine cultural stimuli. Can you conceive of a ballerina chewing gum during her performance?

And though you, dear Kerry, are a gymnast and not a ballerina (and you have often heard me say that a ballerina is just a gymnast with a soul), I want you to exhibit a refinement now—even against your will—that I hope you will internalize later, as maturing years reveal to you the difference between vulgarity and culture, coarseness, and refinement.

I am not saying, by the way, that those who chew gum are coarse or unrefined—only that gum chewing makes them, to some extent, *appear* so. And it is even more regrettable to give that appearance when it is misleading than when it is not.

Aftertaste.

Kerry scanned my arguments with irreverent speed and no hint of appreciation. "But Dad," she parried, "*you* chewed gum when you were a kid Granddad told me so. And you turned out refined."

Because I wanted to deny only part of her statement—and could only partly deny that—I was a little disarmed.

"Well," I allowed grudgingly, "it

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my benighted youth I may have peeled a stick or two. But I didn't know any better. Granddad didn't indulge, but he never told me not to. He tried to lead purely by example and that wasn't enough. Besides, I chewed at most occasionally. Never habitually."

"You were a *moderate* gum-chewer," Kerry smiled, "not a gumaholic. Not a gummo."

"Never," I averred, "in my most dissipated hours could I have been called a gummo. And I saw the light when I was about 18. I've been on the wagon for 35 years. By now I have a right to speak out."

"With the zeal of a reformer," she observed. "What if I promise to chew just moderately?"

"No," I deprecated, "that won't do. I don't want you to look even moderately unrefined."

"In any case," she warned, "I'll be able to do it as much as I want in two years. Eighteen is the gum-chewing age in Pennsylvania."

The age of emancipation. I nodded ruefully. "Just notice in the meantime how we're becoming a Nation of Restless Jaws. Then if you want to join the Masticating Masses, you can. I'll love you in spite of your iniquity. But I'll pray for the repose of your soul—and your pretty twitching face." ❦

Teatime

continued from page 24

one at a time; and process as above.

Per serving:
Calories: 31 Carbohydrate: 6.9 gm
Cholesterol: 0 mg Protein: 0.4 gm
Sodium: 3 mg Fat: 0.2 gm
Diabetic exchange: ½ fruit

♥ ♥ ♥

Lemon Blueberry Scones
(Makes 12 scones)

3 cups low-fat buttermilk baking mix
2 tablespoons sugar
1½ teaspoons grated lemon peel
1 cup fresh or frozen blueberries
¾ cup egg substitute
¼ cup skim milk

Preheat oven to 400°. In medium bowl, combine baking mix, sugar, lemon peel, and blueberries. With fork, blend ½ cup egg substitute with milk. On lightly floured baking sheet, press dough into 11" x ½" circle. Brush with remaining egg substitute. Cut into 12 wedges; separate wedges about ¼-inch apart. Bake 12 minutes or until golden. Serve hot with butter and preserves.

Per serving:
Calories: 122 Carbohydrate: 22.7 gm
Cholesterol: trace Protein: 3.5 gm
Sodium: 199 mg Fat: 1.9 gm
Diabetic exchange: 1 bread + ½ fruit + ½ fat

♥ ♥ ♥

Tea Time Sandwiches

Trim crusts from thinly sliced bread; cut into circles, rectangles, squares, or triangles. Spread with Suggested Toppings. Place on damp cloth and refrigerate covered until serving time.

Suggested Toppings:

Strawberry Cheese
(Makes about 20 tablespoons)

Blend 1 package (8 oz.) low-fat cream cheese, softened, with ¼ cup strawberry fruit spread; stir in 3 tablespoons chopped pecans. Spread on

continued on page 101

Look Good Feel Good

You probably have experienced spilling something on yourself at a dinner and suffering through the embarrassment during the rest of the evening. Just'N Time spot remover can come to the rescue with its handy pocket-size 2 oz. bottle, and it's wonderful to remove stains from all sorts of things with the economy-size 8 oz. bottle.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"A wise man ought to realize that health is his most valuable possession."—*Hippocrates*

A Matter of Life and Death

Dear Dr. SerVaas:

Seven years ago our daughter Kimberly Fuller received a heart and lung transplant. Just a few months before her life-saving transplant, *The Saturday Evening Post* ran a letter from her father and me asking your readers for help in improving nationwide donor awareness.

Kimberly is now on the waiting list again for a double lung transplant. Lung rejection has damaged her lungs, and her doctors in Pittsburgh, PA, say the only way for Kimberly to survive much longer is to receive another transplant.

She has now been on the waiting list for six months. We are asking for your help to again remind families of the need for organ donations. Fewer than one-third of the patients needing transplanted organs ever receive them because of the scarcity of organ donors. We hope Kimberly's story might help call attention to this fact.

Kimberly Fuller is in dire need of a double lung transplant. Accident victims' next of kin could save her life by donating lungs.

Kimberly waited 17½ months for her first transplant. At the time, she was 9 years old. She is now 16 and because of the damage to her lungs has not only had to be on oxygen all the time since May, but also has to use a wheelchair because she gets out of breath so easily.

Kimberly is a junior at Yukon High School and attends three hours of classes in the afternoon. For 6½ years, Kimberly was finally able to enjoy life, doing all the things a teenager likes to do. Now, her health has become so fragile, she can only sit in her wheelchair and try to keep her spirits up.

Please, Dr. SerVaas, ask your readers for their help in improving donor awareness so that our daughter might be able to have her life back.

Kimberly is one of the few people to know what it's like to have a transplant, return to an almost normal life, then have life slowly slip away again. Thousands of people in the country are awaiting organ donation but only a small percentage of them will survive the long wait for organs.

We appreciate any help you can give us.

Sandra and David Fuller
Yukon, Oklahoma

"Now I know what the Rx stands for. Really X-pensive!"

At the next family reunion we're going to have a mock drama. We'll ask, "What if a tragedy struck. How would we donate the organs?" Then we will assign one family member who can make inquiries as to where the organs can be donated and what the local physician knows about the process.

Getting the public to have an enlightened view about organ donations is a movement that can't be fueled by physicians alone. We already know there will be 600,000 deaths during the coming year from automobile accidents.

If all bereaved families knew in advance that their next of kin would want to donate their organs and how to go about it, we could save little girls like Kimberly and thousands of others.

Emphysema and the other smoking-related diseases cost the government billions of dollars each year. Lung transplants could save money because it is cheaper to pay for transplants than to keep these patients on oxygen for the rest of their lives. Likewise, it is cheaper to provide kidney transplants to avoid paying dialysis costs for kidney-damaged patients.

This letter set me off grieving anew for my personal tragedy with the loss my brother Joe, who died for want of a pair of lungs. How I wish I could dial his number to hear his wit and wisdom—his commentary on the Washington scene. He lived within the Beltway and could jest about the foibles of our federal government just like

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Mark Twain or Will Rogers.

Kimberly's wait for lungs made me think of Joe and how he wouldn't take lungs when teenagers with a life ahead of them needed transplants and might die before some caring person donated a pair of lungs. Society was deprived of an asset because Joe died before he had a chance to write his memoirs.

How we hope that readers will donate organs so that this "A" student named Kimberly Fuller and others just like her will get the transplants they need to live.

Admiral Joe Synhorst, a brother who died before he could have donated lungs transplanted.

Spread the News

Dear Dr. SerVaas:

I would like to express my sincere commendation to you for your efforts on making PSA testing known to the public. Not only is it very kind of you to do so, but also very heroic on your part.

I followed your many appearances on television introducing the PSA test to the male population, and I got in on the end of a program last night to hear, I think, an appeal for volunteers for this program.

If this public effort needs any sort of volunteers, I wish to offer my time and services for whatever they'd be worth, and I am not the "volunteer" sort.

I am a living testimony to the PSA test. My brother, Joe Boleman, died of prostate cancer three years ago. Starting five years ago, I was checked by urological surgeon Dr. Phil Mosbaugh every six months, at my request. When the PSA testing started three years ago, we got a base reading of 2.5. Last April the test jumped to 4.05. The digital rectal exam was negative, as well as the ultrasound test; but well knowing my family history, Phil took a biopsy and bingo, cancer cells in the prostate gland. Dr. Mosbaugh removed the gland July 27, 1992, with all tests showing no spreading. The cells were well contained within the gland.

Then came the magic words . . . "no further treatment" Aug. 27, 1992. My PSA test reading a couple of weeks ago was a rock bottom 0.01.

You can well imagine my feelings about the PSA test. It is a godsend to mankind. I have made my cousins on my mother's side of the family aware of this family disease for the benefit of her sons and have done the same for my cousins and her brother and sons, on my brother's side, who live in Ireland.

If your program ever needs a walking, talking volunteer, please let me know, and I will be of any service. As the Irish say, "there is no fear here with me."

Ben Boleman
Indianapolis, Indiana

Ben Boleman lost his brother Joe to prostate cancer; I lost my Joe to emphysema. We both feel cheated. They were our younger brothers and we both had hoped to spend our golden years with them. It wasn't to be.

The technology was there to have kept them alive, but our good Joes' time ran out. Transplanted lungs could have saved my brother Joe, but there weren't enough donated lungs to go around.

Ben's brother Joe died from prostate cancer after the PSA test had been discovered but before doctors began ordering it as a routine screening tool. It was being used very successfully but only to monitor therapy for those who were already being treated for prostate cancer. The FDA was waiting to see whether PSA screening was "cost effective" in saving lives before they saddled the government with reimbursing for it in an already overburdened medical bureaucracy.

Now Joe Boleman was the kind of guy who paid his own way and would be the first to kick in when asked for a donation to help a medical cause. He would have been happy to pay for his own PSA, but no one offered him the test, reimbursable or not.

So his brother Ben wrote about helping with the *Post's* effort to get FDA approval of the PSA test so that doctors everywhere include it when they do a routine blood test. The test takes so little blood that it can be done any time a doctor orders a CBC. Overwhelming evidence shows the test can detect prostate cancers that wouldn't have been found otherwise.

There are so many letters like Ben's that we can't print them all. We have two women who want to start a prostate

"What do you mean you just came here to deliver flowers?"

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cancer newsletter. Readers who would like to contribute information for a prostate cancer newsletter should write to David Sykes at the *Post*.

More About Naillure

Dear Dr. SerVaas:

I heard about the merits of Naillure. I bought it, used it, and found it really did the trick. Then, lo and behold, I found letters in your "Medical Mailbox" that told about the wonders of Naillure. It really works!

But wonders never cease. I also read a letter from a reader in your "Medical Mailbox" telling of the wonderful cure for psoriasis that she had read about in the May/June 1992 issue. It was about Murphy's Oil Soap, a household liquid soap.

I showed the letter to my friend who suffers severely from psoriasis. Her husband bought Murphy's Oil Soap that day. After using it twice, my friend is ecstatic. There is help for her condition. After two washings with the product, her arms are clear and clean. Other parts are responding more slowly.

Seems like your medical column is a clearinghouse for miracles!

Sylvia Goldberg
Plantation, Florida

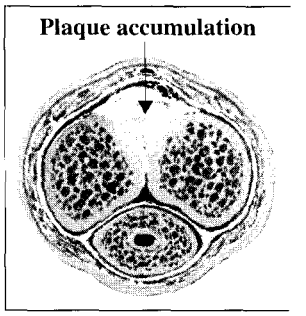
We have had many letters asking for information about Naillure. It can be obtained from the American Foundation for Preventive Medicine, P.O. Box 1144, Indianapolis, IN 46206.

Peyronie's Disease

Dear Dr. SerVaas:

I appreciate your advice on various health subjects. I have a question for you. I am the sudden victim of what is called Peyronie's disease, to the extent that intercourse is no longer possible. I am 71 years old, and that doesn't bother me or my wife all that much. What does concern me is whether this can cause further complications in some way if just left alone. I have no pain at this time, even on erection. Should I have some kind of treatment, whatever that is, or just leave it alone at this stage in life? Thanks for your help.

R. J.
Osceola, Indiana

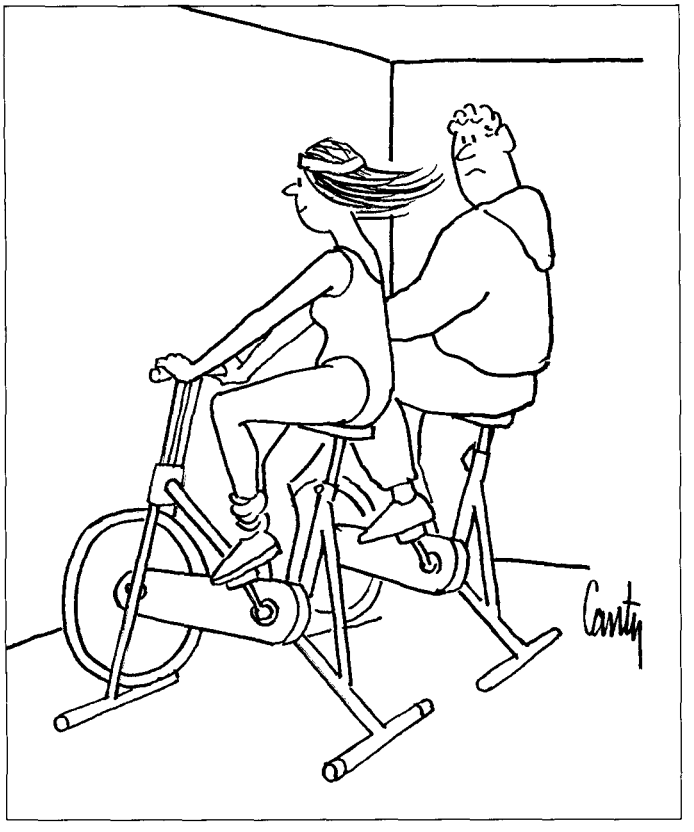


In Peyronie's disease, plaque builds up in one area of the penis, reducing its elasticity. Upon erection this produces a noticeable bend or curve. This cross section shows typical plaque accumulation.

Peyronie's disease is sometimes called the bent nail syndrome, referring to the hardening of the elastic fibers o the penis due to the accumulation of plaque in the corpora cavernosa walls of the penis. As a result, the penis becomes painfully curved upon erection.

The cause of this disease remains a mystery. It usually develops slowly and in a number of cases has regressed spontaneously. Peyronie's disease does not appear to be connected with cancer, even though it can be confused as such in early diagnosis.

Surgical treatment is reserved for serious cases and involves the cutting and removal of the accumulated plaque. However, this procedure can leave some scarring which sometimes exaggerates the problem. Non-surgical treatment can either be with large doses of vitamin E o local injections of a corticosteroid solution.



Correction Machine for Erection

Dear Dr. SerVaas:

Approximately 10 months ago it was determined tha I had prostate cancer and the prostate was removed a that time.

I have not had any sexual (erection) activity sinc December 1991. I understand that there is some type o a machine that creates a vacuum and increases bloo flow to that area and does aid in restoring some sexua activity.

Could you send me details if such a machine exist and how effective it is and where it might be obtained?

If you have any other information, please share i with me.

C. C
Eagle Rock, Virgini

We sent your letter to Dr. Austenfeld of Kansas Uni versity Medical Center. Here is his reply:

Recently Dr. SerVaas from *The Saturday Evening Pos* forwarded a letter written to her about your post-operativ inability to attain erections. As you have probably foun out, this is a relatively common occurrence after remova of the prostate. However, the good news is there ar remedies for this condition. As you alluded to, one of thes remedies includes a vacuum erection tube. This devic operates by placement of a vacuum tube over the penis an then creates a vacuum with a pumping mechanism.

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"Maybe giving your daddy his shot first wasn't such a good idea, after all!"

Of course, there are other options, including medication that may be injected by small needle directly into the penis resulting in erections that last two to three hours and then spontaneously resolve. The third major option is the implantation of an artificial device that would allow the penis to become erect by a pumping mechanism also implanted into the patient's scrotum. These examples represent the three main remedies for difficulty obtaining erections.

I would suggest that you contact a capable urologist in your area and discuss these with him and let him try one of these remedies best suited to your needs. I happen to know an excellent urologist in the Virginia area named Dr. William Morgan who practices out of Richmond. I am certain that his name and telephone number are listed in the Richmond, Va., directory.

Mark Austenfeld, M.D.
Section of Urology, Kansas University Medical Center

Bladder Control

Dear Dr. SerVaas:

I read the article on prostate cancer in the current issue of the *Post*.

Five years ago I had a radical prostatectomy to remove a cancerous gland. About 11 years before that operation I had taken annual DRE exams with negative results. Then I had an ultrasound and PSA test that showed the cancerous gland.

The article did not say anything about the loss of bladder control. Now I control the major volume of the bladder contents, but there is a small dribble, which requires me to wear a pad.

Do you have any comment on the bladder control problem? I am 83 years old.

F. G. Wilson
Meadview, Arizona

Incontinence after the radical prostatectomy operation is very common, but in most cases the control returns after a few months. Incontinence is a result of the bladder sphincter becoming disrupted when the prostate gland is surgically removed. Although great care is taken to minimize damage, the patient is often left with diminished control. Exercise can help a person regain the lost control. Kegel exercises are one such way and involve the strengthening of the pelvic muscles.

To begin one should relax the chest and abdomen. Next, move the hips forward and tighten the thighs. The idea is to pull up the muscles, forcing them to work.

Pull up as if shutting off a bowel movement. Hold for three seconds, then relax. Then pull up inside as if cutting off a urine flow, hold for three seconds, and relax. These exercises should be performed 10 times every half hour. They can be done sitting, standing, or lying down. If the regimen is followed faithfully one can often see improvement within four to six weeks, although it can sometimes take longer.

Lifestyle tips to help avoid the small leakage include squeezing and holding before sneezing. Also squeeze before getting out of a chair or any other action that could temporarily put pressure on the abdominal cavity. Avoiding caffeine and alcohol may help bladder control.

Understanding Achalasia

Dear Dr. SerVaas:

Do you have any information on achalasia? I know it is a problem with the esophagus causing difficulty in swallowing even water. Is there anything that can be done to help this condition, or a cure?

Thank you for anything you might have that would help me understand this ailment.

H. M.
Camarillo, California

Achalasia is a rare condition in which swallowing becomes difficult due to changes at the lower end of the esophagus where food passes into the stomach. At first there is a problem only with solid food; later it becomes difficult to swallow liquids, even water. The esophagus becomes swollen and packed with food that cannot move through the digestive system. There is usually pain upon

"Oh, dear—I'm afraid I'm going to have to report you to the President's Council on Physical Fitness."

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swallowing, and more or less continuous pain and discomfort in the chest, and sometimes regurgitation of the undigested food.

The cause is unknown, and there is no known permanent cure at this time. However, doctors use a balloon-like device to stretch the muscles at the bottom of the esophagus, which relieves the symptoms temporarily.

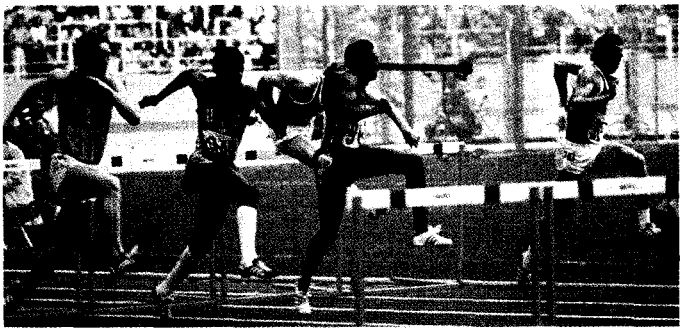
Achalasia usually strikes people 20 to 40 years old and progresses slowly. Cancer of the esophagus, which is rare in nonsmokers, can cause similar difficulty in swallowing. A physician would be likely to suspect cancer rather than achalasia if the problem worsened rapidly, and if the patient were elderly and had a history of drinking alcohol and smoking.

A Student Writes

Dear Dr. SerVaas:

I have a question about drugs. At school they don't tell us everything about steroids. Steroids help people grow bigger muscles, so why are they bad for you?

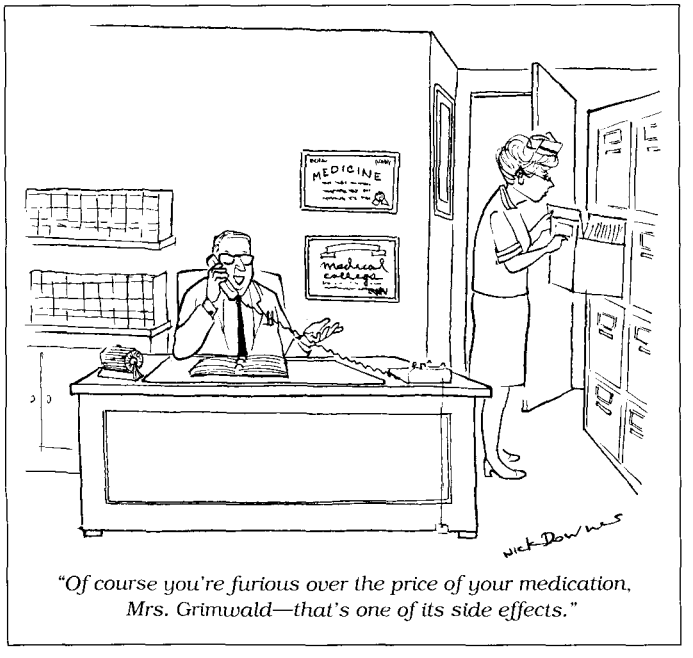
Maratet Luariers
Sinking Springs, Pennsylvania



Using illegal anabolic steroids to improve some athletic performances initially sounds attractive, but the long-term cost to health and happiness far outweighs any superficial success.

Steroids can cause severe acne, early balding, development of female-like breasts and shrunken testicles. They also can stunt growth, cause heart irregularities, and become physically and mentally addictive.

What they do in the long run is still unknown. Research is being conducted to examine the relationships of early heart attacks, liver and kidney problems, cancers, and brain damage with the illegal use of anabolic steroids.



"Of course you're furious over the price of your medication, Mrs. Grimwald—that's one of its side effects."

Diabetes Insipidus

Dear Dr. SerVaas:

Please, can you write something about diabetes insipidus. My son was diagnosed with this rare form of diabetes and we would like to know more about it. We know it has nothing to do with insulin and the pancreas and that it affects the pituitary gland.

How common is this disease, and what is the long-term prognosis? Will my son have problems similar to those that "normal diabetics" suffer from, i.e. obesity, vascular problems, sight problems? Can his children develop it?

I hope you can answer my letter, as I don't know where else to get this information.

Roseanne Thomas
Rapid City, South Dakota

Diabetes insipidus is a rare disease that affects the pituitary gland located in the center of the brain. The pituitary gland controls many basic functions of the body through hormone secretions. These include growth, reproduction, and renal function. In the event of damage or disease of this gland, all of these activities can be affected as the regulating secretion of hormones becomes irregular or stops. Diabetes insipidus can result from damage to the pituitary gland that affects the renal function and production of vasopressin (the hormone that regulates renal function). It also can be caused by the kidney's abnormal tolerance to the hormones. The result is excessive production and excretion of urine by the patient.

This problem does not appear to be hereditary. It can develop at any age, but quite frequently develops at early adulthood, and is slightly more common in men than women. The damage to the pituitary gland can result from surgery, infection, tumors, or even a blow to the head.

The main symptom is the incessant urge to urinate and the related thirst. A patient can drink and urinate as much as 3 to 30 liters a day. The main complication is dehydration as a result of the urination, if the patient doesn't keep replenishing the water loss.

The first line of treatment is to see whether the problem with the pituitary gland can be solved. If the problem is a tumor, for instance, removal of the tumor may restore the gland to normal operation.

In cases where the problem can't be cured, the use of hormone supplements to replace or supplement the vasopressin are effective. The patient takes the supplement nasally and has remission from the symptoms for three to six hours. The hormones take effect immediately and give instant relief to the patient. Failure to take the hormone will result in increased urination and thirst.

Once diabetes insipidus develops, it is normally for life. However, if patients take the hormone supplements and don't dehydrate, their life expectancy is nearly normal. Unlike persons with diabetes mellitus, diabetes insipidus patients don't have the usual complications such as hypertension, heart problems, and obesity. They can lead normal lives.

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Teatime

continued from page 93

wheat bread and garnish with additional fresh dill.

Per serving (1 tablespoon):
Calories: 13 Carbohydrate: 0.8 gm
Cholesterol: 14 mg Protein: 1.9 gm
Sodium: 18 mg Fat: 0.2 gm
Diabetic exchange: ½ low-fat meat (not low cholesterol)

Chicken Curry
(Makes about 1½ cups)

Combine 1¾ cups finely chopped cooked chicken, ¼ cup fat-free mayonnaise, ¼ cup plain fat-free yogurt, ½ teaspoon curry powder, and ½ teaspoon pepper. Spread on whole grain bread.

Per serving (1 tablespoon):
Calories: 23 Carbohydrate: 0.7 gm
Cholesterol: 9 mg Protein: 3.1 gm
Sodium: 31 mg Fat: 0.8 gm
Diabetic exchange: ½ low-fat meat

♥ ♥ ♥

Peach Melba Tea Shake
(Makes 15-6 oz. servings)

4½ cups boiling water
7 regular or decaffeinated tea bags
4 tablespoons sugar
6 cups (3 pints) fat-free vanilla ice cream
*3 medium ripe peaches, halved**
*1½ cups raspberries (about ½ pint)**

In teapot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags; stir in sugar and cool.

For every three servings, in 5-cup blender, combine 1½ cups tea mixture, 2 cups ice cream, 2 peach halves and ½ cup raspberries; process at high speed until well blended. Garnish with additional raspberries and mint.

* Substitution: Use 3 cups frozen sliced peaches and 1½ cups frozen raspberries, partially thawed.

Per serving:
Calories: 92 Carbohydrate: 19.8 gm
Cholesterol: 1 mg Protein: 2.7 gm
Sodium: 47 gm Fat: 0.2 gm
Diabetic exchange: 1 fruit + ½ cup skim milk

♥ ♥ ♥

New England Tea Punch
(Makes 10-6 oz. servings)

8 decaffeinated tea bags
1 quart boiling water
1 quart apple cider
¼ cup maple flavored syrup
½ teaspoon whole cloves
1 cinnamon stick
⅛ teaspoon allspice

Steep tea in water for 5 minutes. Discard tea bags. Stir in remaining ingredients. Simmer 15 minutes.

Per serving:
Calories: 69 Carbohydrate: 16.7 gm
Cholesterol: 0 mg Protein: 0.2 gm
Sodium: 17 mg Fat: 0.1 gm
Diabetic exchange: 1 fruit

Brewing Tips for Good Hot Tea

1. Bring freshly drawn, cold tap water to rolling boil.
2. Preheat teapot by rinsing it with hot water.
3. Put 1 teabag or 1 teaspoon of loose tea per cup into teapot.
4. Pour boiling water over leaves or bags, using 5 to 6 ounces per serving.
5. Cover pot and let brew 3 to 5 minutes. Strain loose tea, or remove teabags before serving.

Red Baron

continued from page 51

of-factly, careful not to sound like a prosecutor out to destroy the made-up alibi of some wretched defendant.

The truth was too much. At the mention of "ketchup," his head snapped into position and he stared straight at me. The intensity of his stare was frightening.

"That is a bald . . . faced . . . LIE!"

The last word was yelled. I stepped back a pace, half expecting him to jump out of the bed and pummel me.

He relaxed his features. Then, with contempt in his voice: "Look, doc, you're a nice guy, but if YOU can't find the cause of my hemoptysis, I'll go someplace else, to somebody COMPETENT. I don't need this phony accusation stuff thrown at me!"

A passing nurse entered the room, attracted by his loud voice. I motioned her to stay behind me, that everything

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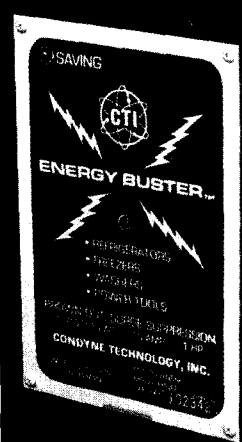

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AS FEATURED IN THE JULY '92 POPULAR SCIENCE MAGAZINE

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was OK, and then tried to calm him down. I sensed my effort would be futile.

"I'm sorry, I'm just reporting what Dr. Lucas . . ."

"Lucas Schmucas," he interrupted. "He's a phony, too. Cut the crap, doc. Hey, whatever happened to your HIPPOCRATIC oath? Did you lose it somewhere?"

Now he was visibly agitated. He jumped out of bed and fidgeted with the nightstand drawers. He took out his clothes and a folder full of papers. In another two minutes he was out of his hospital gown and dressed in street clothes.

"Where are you going?"

"Sorry, doc, you guys had your chance. Hey, what kind of doctor are you anyway?"

"Mr. McShane, you need some help. Please stay and let us call a psychiatrist. You can't keep going from hospital to hospital. There's nothing wrong with your lungs. Somebody could do an unnecessary procedure and you could be harmed. Let us try to help you."

"Help me? Ha! You're the one who needs help. I've NEVER seen such unprofessional behavior. NEVER. And I've seen a lot, believe me!"

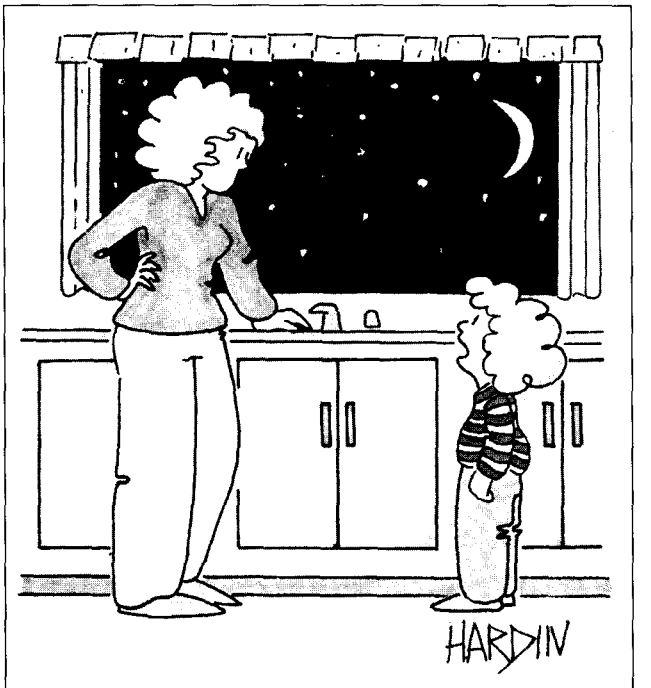
I kept my distance and did not reply. The nurse asked if she should call security. No, I said, reminding myself that we can't keep patients against their will. In less than a minute, our patient walked off the ward, grabbed an elevator, and was gone.

★ ★ ★

Con man? Not quite. A mentally ill man is more like it. Actually, Mr. Shane/McShane is a classic example of a condition long described in medical and psychiatric circles, the Munchausen Syndrome. The syndrome is named after an 18th century German, popularly known as Baron von Munchausen (1720-1797). Munchausen, a soldier who served with the Russians against the Turks, was notorious for telling entertaining stories of outlandish proportion, entirely made up.

Munchausen's reputation was enlarged upon by a contemporary, Rudolph Erick Raspe, who anonymously published *Baron Munchausen's Narrative of His Marvellous Travels and Campaigns in Russia* (1785). This work, soon after translated into English as *The Adventures of Baron Munchausen*, became a popular book of the late 18th century and has gone through many editions. A copy may be found in some libraries, as well as several other books about the infamous Baron and his tall tales.

The term "Munchausen's Syndrome" was first used in a 1951 article in the British medical journal *Lancet*. A group of patients repeatedly sought hospitalization by simulating symptoms of illness. Dr. Richard Asher, the sole author of the article, wrote:



"But if night falls, why does day break?"

Here is described a common syndrome that most doctors have seen but about which little has been written. Like the famous Baron von Munchausen, the persons affected have always traveled widely; and their stories, like those attributed to him, are both dramatic and untruthful. Accordingly the syndrome is respectfully dedicated to the baron and named after him.

The patient showing the syndrome is admitted to the hospital with apparent acute illness supported by a plausible and dramatic history. Usually his story is largely made up of falsehoods; he is found to have attended, and deceived, an astounding number of other hospitals; and he nearly always discharges himself against advice, after quarreling violently with both doctors and nurses . . .

★ ★ ★

Since 1951, there have been medical reports of patients faking abdominal pain, seizures, kidney stones, back pain, asthma, mental confusion, fever, blood in the urine, hemoptysis, and a variety of other illnesses. Although Asher called the syndrome common, it may only appear common because one Munchausen patient may be seen by so many different physicians and at a variety of institutions. A review published in 1967 found only 59 cases reported in the literature at that time. Munchausen remains a rare syndrome. In the 1967 review, Munchausen men outnumbered women three to one; the age range was 19-62 years, with a mean age of 39.

Typical features of the Munchausen patient include:

- ▶ faking an acute illness that requires hospitalization
- ▶ familiarity with medical terms and diseases
- ▶ lack of any obvious external reason for seeking hospitalization
- ▶ aggressive behavior toward health professionals when the truth of the symptoms is challenged
- ▶ leaving the hospital against medical advice.

Munchausen patients frequently travel from city to city, or even to several hospitals within one large metropolitan area. It is not unusual to uncover a string of hospital admissions within a one- or two-year period, spanning several states. There is one report of a patient who had, over a 16-year period: 40 hospitalizations in three states for abdominal pain, chest pain, loss of consciousness, blood in the urine and fever—all apparently fictitious; 32 emergency room visits for the same problems; four abdominal operations; and one brain operation.

Another patient, a 33-year-old man, was discussed in two separate articles that appeared in a single issue of the *New England Journal of Medicine* (Aug. 6, 1992). The first article covered his evaluation for a puzzling disorder at Brooklyn's University Hospital in 1991; the second article discussed an evaluation for the same disorder after he was admitted to Yale

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New Haven Hospital in early 1992. The problem? Sudden onset of coughing up and urinating blood. Doctors at Yale knew nothing about the previous evaluation in Brooklyn. At each hospital, after an extensive workup, his physicians diagnosed the Munchausen syndrome, and on both occasions he left AMA after he was exposed.

Why do people fake a serious illness? No one knows for sure, but the problem is widely accepted as psychiatric in nature, a form of character disorder manifesting as antisocial behavior. Munchausen is not a psychosis like schizophrenia, and paradoxically is much harder to treat. These patients don't respond to tranquilizers or other mind-altering drugs.

Munchausen patients who have been studied by psychiatrists seem to have one thing in common: an unhappy, unloving childhood. Their early home life is often described as abusive and neglectful. As adults they become attention seeking and in this way "act out" their rage over past deprivations. They seek nurturing for what they lacked in childhood.

Why does their nurture-seeking take place in hospitals? Because of some early experience, they have learned to manipulate the medical care system. A modicum of medical training is common. Tricking doctors and nurses seems to satisfy their need to get back at society, even if this behavior puts them at risk for harm (by having unnecessary tests and procedures).

The only effective treatment, if it can be called that, is to replace their episodic (and chaotic) hospitalizations with intensive psychological counseling in a chronic care facility, i.e. long-term care in a psychiatric institution.

William Bean, an eminent physican of internal medicine, described one Munchausen patient in verse; his poem ended thus:

I'm sorry I cannot fasten my claws on
What causes the syndrome named
Munchausen.
This off again, on again, gone again
Finnegan
Comes in, goes out, and at length
comes in again.
Munchausen's victims must be expected
To plague our lives unless deflected.
So be alert for this great nonesuchman
*Munchausen syndrome's flying Dutchman**

*William B. Bean, M.D. The Munchausen Syndrome. Perspectives in Biology and Medicine. Spring 1959.

★ ★ ★

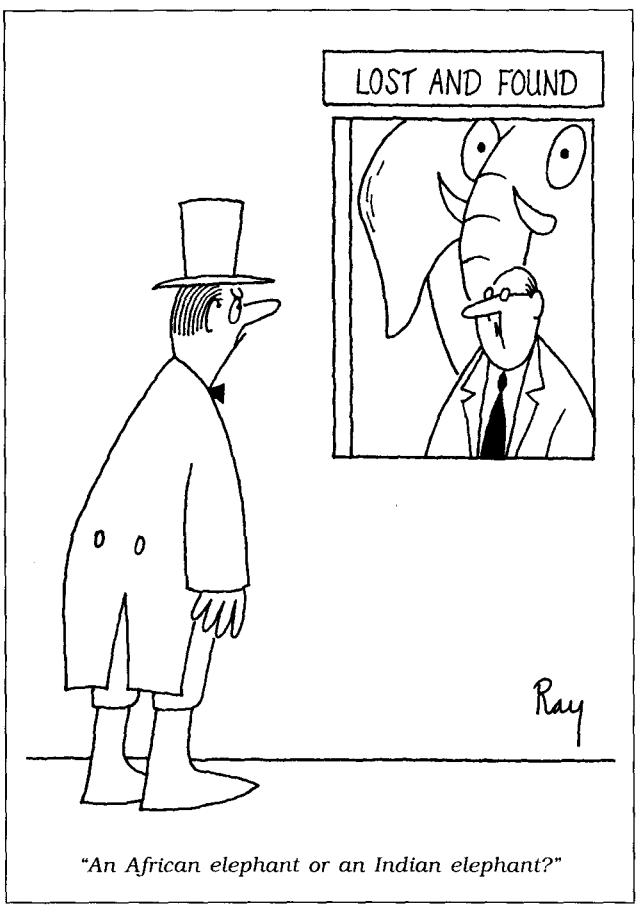
Several puzzling questions remain about Mr. Shane/McShane. What caused his fast pulse? The heart beats involuntarily. Unless you exercise or take a stimulant, you can't accelerate the rhythm. Except for this abnormality he was the picture of health and should have had a normal or even slow heart beat (like a true athlete). Had he stayed around, we could have ordered a blood test for various stimulants.

Why did he make up a history that was easy to verify as false? This feature is sometimes seen in Munchausen patients when the previous medical care has been in another state. Sometimes they carry medical records with them, conveniently doctored or, as in this case, wholly fabricated on stolen stationery. They probably think physicians won't check out the story.

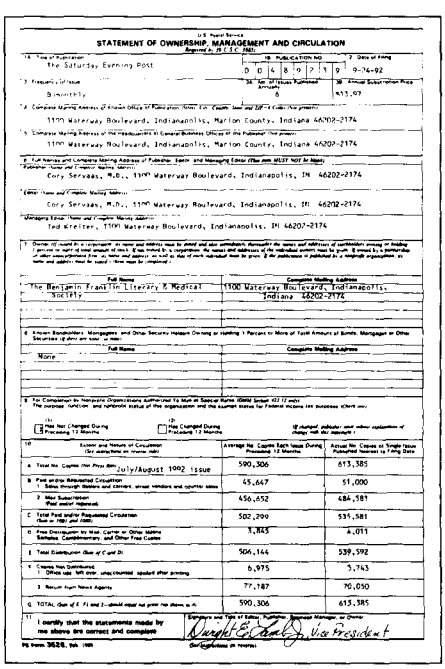
Munchausen patients are good at faking medical symptoms and complaints. I am sure his background also was fabricated, that he was not a computer salesman, nor for that matter an ex-boxer or accountant. His slight name change from what he called himself in Atlanta may represent some private conceit; perhaps it allowed him to believe he was covering his trail while keeping the story straight in his own mind.

Where did the blood come from? We never knew, but then we never analyzed the stuff he coughed up. Most likely Mr. McShane kept a supply of fake blood in his clothes and produced it at will. Probably the stuff used in the movies.

Finally, where is he now? In typical Munchausen fashion, he has likely gone to other hospitals and fooled other doctors. As expected, the number he gave for his "sister" gave a "not-in-service" response. The insurance information he provided the hospital was phony, and his medical bills went unpaid.



"An African elephant or an Indian elephant?"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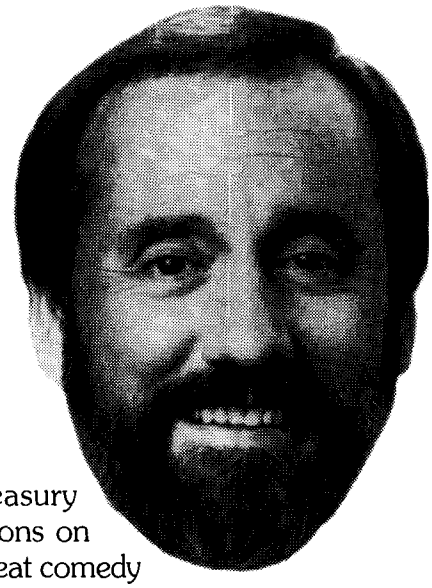

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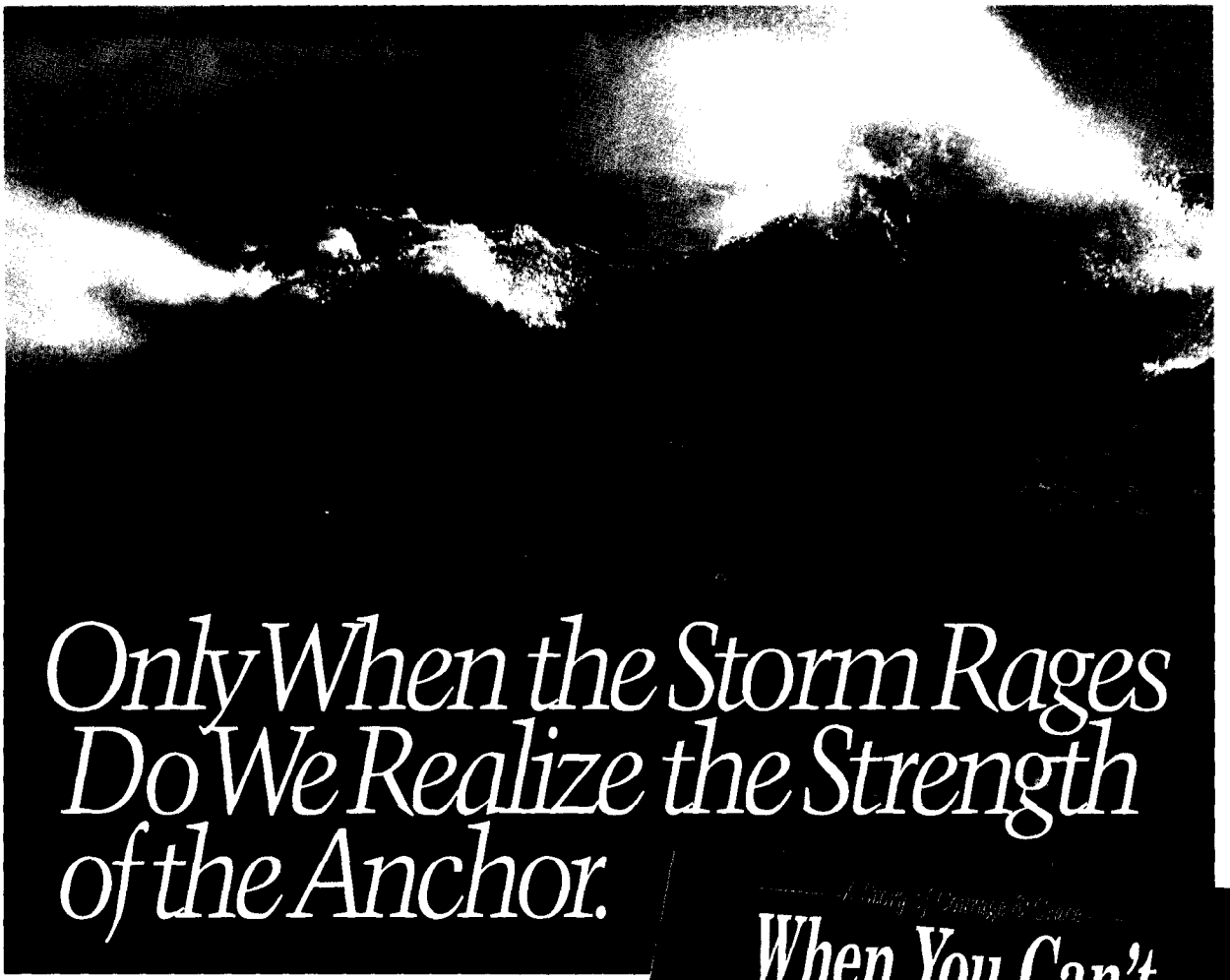
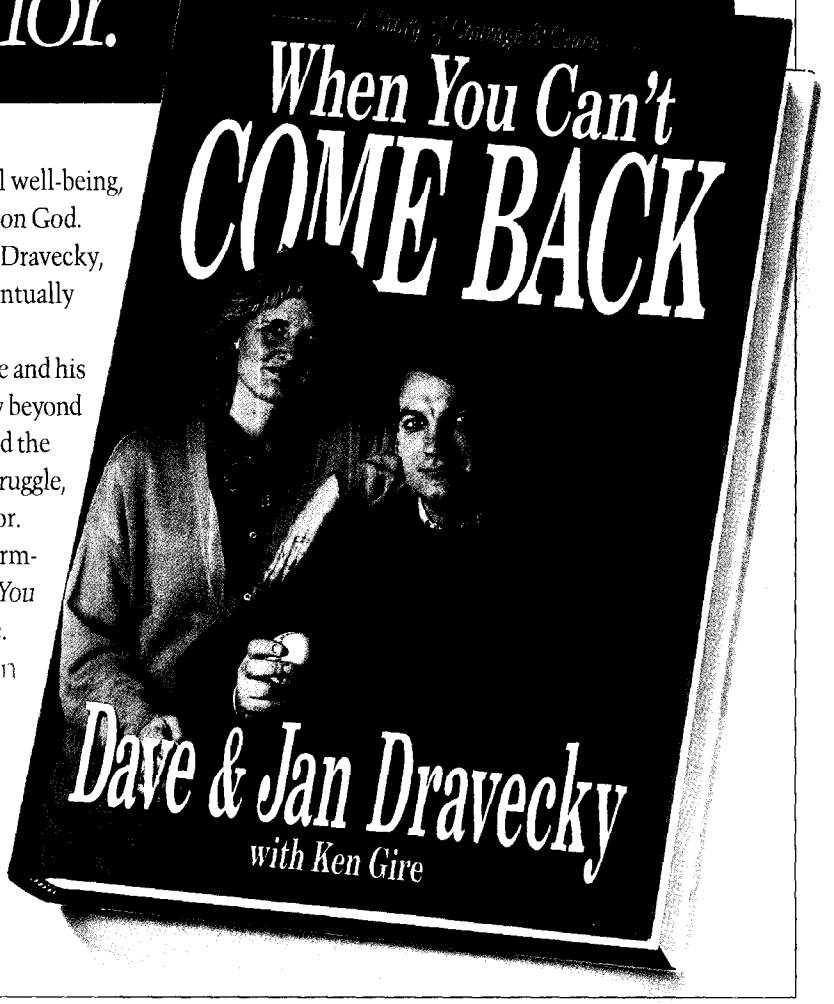


Only When the Storm Rages Do We Realize the Strength of the Anchor.



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